

# Bavarian News

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U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Bamberg, and Schweinfurt

August 22, 2007

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Photo by Bilyana Atova

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## Strykers case colors for Iraq

Story and photo by BILYANA ATOVA  
Staff writer

Thousands of people from the Vilseck community gathered to bid farewell to the 2nd Stryker Cavalry Regiment at their deployment ceremony at the Vilseck High School Field, Aug. 3.

The regiment, that received orders to deploy in the spring, is already on its way to a 15-month deployment in Iraq.

“What a difference a year can make,” Col. John S. RisCassi, 2SCR Regimental Commander, said addressing the troopers, who less than a year ago moved to Vilseck from Fort Lewis, Wash. and stood up the regiment in a welcoming ceremony.

Lt. Gen. James D. Thurman, V Corps Commander, enlightened the troopers by saying that they should not have false expectations about going into combat situations.

“I will venture to say you will face a fight as soon as you hit the ground,” he said, but also added that he has confidence in the troops.

“While many challenges lie ahead, none are insurmountable, because of your outstanding training, dedication, and devotion to duty,” he said calling them “the best fighting formation in the Army.”

During the ceremony, the regiment

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Col. John RisCassi, commander of V Corps' 2nd Stryker Cavalry Regiment; 2SCR Command Sgt. Maj. Victor Martinez; Chris Golden, a senior representative of the 2nd SCR Association, and V Corps Commander Lt. Gen. James E. Thurman prepare to case the regiment's colors during a farewell ceremony for the unit in Vilseck Aug. 3. The ceremony marked the regiment's upcoming deployment for its second tour in support of Operation Iraqi Freedom.

## Hudson wins top honors at BOSS car show

by KATIE COWART  
Assistant Editor

The Better Opportunities for Single Soldiers fifth annual car show was held Aug. 18 in the Vilseck Post Exchange parking lot.

The show, which featured 26 cars, trucks, sport utility vehicles, and even a couple motorcycles, was hosted by BOSS and sponsored by Morale, Welfare, and Recreation, United Services Automobile Association, the Exchange Car Sales, and the Amberg Bike Shop.

Spc. John Maki, BOSS president,

organized the event and said all of the funds for this event were donated by the sponsors.

“We wanted to provide the community with an event that's fun for the entire family,” Maki said.

There were categories for best exterior, best interior, best exterior/interior, best motorcycle, best sound systems with one, two, and three or more sub-wolfers, and of course the best in show. There was even a “hooptie” category.

Sgt. 1st Class Ernest R. Hudson, from San Francisco, Calif., won the best in show with his 2001 Chevrolet

Tahoe.

“I started this when I was at Ft. Campbell with my first car, just building and expanding it,” Hudson said.

His Tahoe now has seven monitors, four amplifiers, 12 speakers, an iPod, DVD, CD, radio, Play Station II, and a navigation system in it. He said he also



Hudson

plans to keep adding on to it during the next year.

“It keeps you out of trouble, when you spend your money on this instead of drinking or something like that,” he said. “It's fun and a hobby.”

Hudson mentioned that he had already been in four other car shows this year.

“This is my first American show. Normally I'm in German shows, since Germans don't have SUVs, they're always really amazed at mine,” he said.

He also said that most German shows that he has been in are not like

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## Largest PX in Europe opening in September in Grafenwoehr

by ADRIANE FOSS  
Editor

The largest Army Post Exchange in Europe will open its doors to eagerly waiting customers Sept. 26.

The 65,000-square-foot of sales floor is two and a half times larger than the current sales floor, and the store will stock hundreds of items that it simply did not have the room to stock previously, said the new PX manager Stephanie Burns.

“Overall every department has dramatically increased in size and assortment,” she said. “The idea is to make (this complex) a one-stop shopping center for all of our customers needs.”

To do that, Burns said the PX will now offer self-service shoes, stocking all of its footwear on rows of shoe racks as opposed to storing them in areas where store clerks must retrieve them for customers to try on.

The PX will also include:

- \$100,000 more in fine jewelry



Burns

- ready-to-assemble furniture (computer desks, entertainment centers, etc.)

- juvenile furniture (cribs, changing tables, etc.)

- larger assortment of prestige purses (Coach, Dooney & Burke, etc.)

- Lancome and Elizabeth Arden added to the cosmetics department

“There are categories of merchandise that other smaller stores just don't have the square footage to carry,” said Burns, who has managed Army and Air Force Exchange facilities throughout the U.S. and Europe for more than a decade.

She said a great example of the selection increase is the current baby/toddler section at the Vilseck PX. Currently, it is a cramped corner stationed outside of the dressing rooms. The baby/toddler section at the new store will be about 10 times the size of the current one, and will carry strollers, car seats, and baby furniture—items previously sold at the furniture store due to lack of floor space at the current store.

The BookMark bookstore and a toy section will be inside the new PX.

Shoppers can also enjoy a meal at the 339-seat food court, which will include:

- Taco Bell
- Charley's Grilled Subs

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## New commissary features self-checkout, extended hours

by ADRIANE FOSS  
Editor

You asked for it, and you got it!

Defense Commissary Agency officials are delivering on customer requests when Grafenwoehr's new commissary opens its doors Sept. 26.

In addition to sheer space (more than three times the size of the current commissary), shoppers will enjoy:

**Extended hours.** The store will be open six days a week, Tuesday through Sunday. Tuesday through Saturday, the store will be open 9 a.m. to 7 p.m., and on Sunday it will be open 10 a.m. to 6 p.m. The new facility will also offer special early bird shopping hours each morning except Monday, from 7-9 a.m.

“These hours are for anybody, in case you want to come in and get some coffee or doughnuts before heading to work, or if you're trying to get out of town early during the weekend and need to grab a sandwich to go,” said Grafenwoehr Commissary Store Director Chudri Najdawi.

**Four self checkout lanes.** “We've found that people with fewer items, grab-and-go lunch items for example, really like that,” said Randy Eller, Wiesbaden/Bamberg zone manager. “(Self Checkout) is growing in popularity, amounting

to 20-40 percent of total register transactions for deployed stores. The self checkout lanes combined with the six traditional lines will bring the store's total to 10.

**Deli with self service bakery.** Customers can enjoy lunch meals to go at the deli.

**Fresh salad bar.** Health-conscious customers can enjoy a fresh salad bar, similar to the one at Vilseck's commissary. Najdawi said the commissaries will continue to carry the pre-packed salads in addition to the fresh bar.

**Increase in product and brand selection.** Due to the store's sheer size—the new store measures 27,337 square feet, 20,971 square feet larger than the current store—the number of products offered will more than double from 5,325 to 11,230. Selection of increasingly popular food choices, such as organic items, will also expand to offer many more brands than before.

**Electronic scales.** Customers will be able to weigh their produce on electronic scales stationed throughout the department. Once you weigh the item, the scale will print out a price sticker, which can then be applied to the item and taken directly to the checkout counter. Najdawi said self weighing and pricing of produce and some other items should make checkout quick and easy.

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# Q&A

## What have *you* done this *summer*?



**Capt. Travis Hoffman**  
"I PCS'd from Wiesbaden. I also spent a week in London and saw many of the great tourist spots including the Tower of London and the Dover Cliffs."

### Chris Hite

"I traveled to the new Jamestown Center in Virginia as well as old Williamsburg. Seeing the historic relics at Jamestown helped me realize the struggle the early settlers had to go through."



### Elena Renehan

"My husband and I spent the day together in Garmish. The kids did their thing and my husband and I did our thing with the confidence that our kids were safe."



### Heather Mueller

"We went to the States to visit family in Kentucky and Nebraska. Our one-year-old son met his grandparents and family for the very first time and he loved them."



### Pfc. Jose Cortez

"I went to Las Vegas with my family. I got a change to catch up with old friends and make new ones as well."

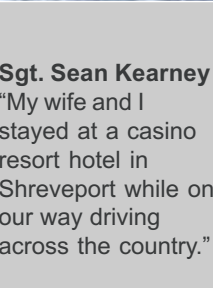
### Pvt. Jonathan Campbell

"I went traveling around on my way home from AIT. Once home, I spent time with family and friends before moving to Germany."



### Sgt. Anthony Williams

"I took my family to Funland, an amusement park near Wuerzburg. We had a great time."



### Sgt. Sean Kearney

"My wife and I stayed at a casino resort hotel in Shreveport while on our way driving across the country."



# Safety rules outlined in policy letters

In a previous edition of this column, I spoke about policy letters and the impact on the community. In this edition we cover two more.

## Safety

My purpose for safety is simple.

Accomplish all goals and provide Soldiers and civilian employees, their Families, and visitors with a safe and healthy environment. Highlights of the policy letter that help me achieve this purpose are:

- Make safety a core value and integrate composite risk management into everything we do.

- Focus on accident prevention first, followed by accident investigation and reporting if required.

- Report hazards when seen and do it without fear of reprisal. Everyone is a safety officer on and off duty.

- Alcohol is not authorized in the workplace by anyone.

Accidents can cause tragic loss of life, suffering, and needless waste of operational funds. We have had more than our fair share.

I'd ask all of you to stop and think before you do any activity and refer to the garrison



safety office and policy letter number 14 for additional safety measures and reporting procedures.

## Physical training and recreational activities

There are a whole lot of activities community members can participate in our community. But they need to execute these activities safely.

Restrictions governing these activities are in policy letter number 15 and several are pointed out below:

- Everyone conducting physical activity around our installation and not in formation should wear reflective gear.

- The use of headphones with radios or other audio gear while on roadways is strictly prohibited.

- Inline skates, skateboards, and kick-scooter rides are authorized only upon sidewalks, in skateboard parks, or within private driveways. Riders will, at a minimum, wear helmets and light-colored clothing or reflective accessories. Riders are encouraged to wear additional protective gear, such as knee, elbow, and wrist pads.

- Road marches and physical training formations on post will use the right hand side of roadways. Off-post, they will use the left-hand side of the roadway.

- There is no cadence calling in housing areas.

- You can use swimming pools and lakes in the local area provided there are clearly marked off swimming areas and lifeguards.

- You can also have swimming pools and trampolines in Family housing – but there are strict rules on how you can use them. Please read the entire policy letter, follow the rules, and ask for help if you do not completely understand.

- Tank trails are off limits to all personal and personally owned vehicles, motor bikes, scooters, and other transportation means.

A review of this column seems to focus only on what you can't do. In fact, during our annual review of policy letters, we updated them and allow community members to do much more than previous years.

We are in the process of posting all policy letters on the Web site and the next column will tell you how to access them. We count on all of you to read these policy letters and comply with them.

Following these two and all the others will allow you to enjoy your recreational activities, help ensure other community members are safe guarded, and continue to help me make this the best place to live and serve in Europe.

*Col. Brian T. Boyle  
Commander, U.S. Army  
Garrison Grafenwoehr*

# Journalist details trip on HMS Illustrious

by JOHN J. KRUZEL

American Forces Press Service

On July 18, I flew to British soil on 15 minutes' notice. Marine Brig. Gen. Robert Walsh, who would escort a group of 16 guests to a British aircraft carrier that morning, discovered at the last minute that he had an extra spot for a reporter, and I volunteered to fill it.

Collecting my things, I raced to the pre-flight briefing and learned the basics of the day's trip: an MV-22 Osprey, the dual-hatted Marine aircraft that alternates between being a helicopter and airplane, would carry us from the Pentagon helipad and deliver us to the flight deck of England's HMS Illustrious, which floated somewhere in the Atlantic Ocean near North Carolina's coast.

As Marines briefed us, they distributed itineraries, which allotted time for the group to watch Marines work side by side with British Royal Navy sailors and Royal Air Force members as they prepared for a joint exercise to take place July 25-31. Underscoring differences in military culture, our English hosts had slated a chunk of time to treat guests to pre-luncheon cocktails.

Anxious guests gathered near the Pentagon helipad, or Penpad, awaiting the Osprey's arrival. Around 10 a.m., an eagle-eyed guest spied the Osprey across the Potomac River, rearing its head around the Washington Monument obelisk. Like a predator with wings erect as it descends on prey, the MV-22's tilt-rotors tipped upward in "helicopter mode" as it swooped toward us. The Osprey's massive propellers puffed huge packets of air that sent shirts and pants fluttering like sails luffing in the wind.

After passengers secured their seat belts and chest harnesses, the MV-22 floated from the ground so gingerly it was like someone had momentarily switched off earth's gravitational pull. Once airborne, a mid-range humming seeped under cranial gear and headphones, signaling that the craft was morphing from a helicopter to a plane that would propel us to speeds of 300 mph en route to HMS Illustrious.

Known as the United Kingdom's "high readiness strike center," HMS Illustrious' flight deck has two characteristics distinguishing it from a sprawling U.S. carrier: its runway is shorter by roughly 450 feet, and Illustrious' deck ends in a "ski jump" ramp. But since this was the first carrier I'd seen, I had no first-hand basis to compare it to an American counterpart.

A host of foreign stimulus bombarded my

senses as I walked through the gallery's long stretches, gripping onto arched doorways from time to time when the sea's motion threatened to break my feeble landlubber's balance threshold. The temperature rose noticeably in the hangar, and cockney accents hung on palpable swelter as British air crews worked on idle machines. Scents from cream of broccoli — the soup du jour — and other English staples wafted from the mess hall.

U.S. Marines were on board HMS Illustrious in part to learn how to operate in a foreign environment alongside coalition counterparts. With members of England's Royal Navy and Air Force, they transformed the Eastern seaboard into a coalition-force classroom, exchanging operational expertise while strengthening international bonds that are increasingly vital to global security.

Perhaps counterintuitively, Marines onboard say the greatest barrier in the partnership lay in communication. Despite sharing English as the mother tongue, many have found that contrasts in each nation's military language are conspicuous.

"The gear that they use and our hand signals are all different. We've had to learn everything different than what we've been taught," said Marine Staff Sgt. Jeremy Smith, of the Marine Attack Squadron 223 "Bulldogs," who works with British personnel onboard, fueling and maintaining idle aircrafts and directing jet aviators as a member of the flight line crew.

"Chains, chocks," he said, "it's all different words, which is very challenging as far as the language barrier goes."

While on HMS Illustrious, Smith said he became irked when he tried to buy a snack but was denied. "I can't use my money. I've tried it," he said. "Even if I want to buy a soda or a bag of chips, I've got to go downstairs and change it for the British sterling pound."

Smith said he recognizes that coalition exercises, despite the occasional cultural snag,

are significant in forging combat partnerships.

"I think in the future we'll probably see a lot more of this," he said. "It's important to start now so that when we do get out there and we're partnered up more, we have a feel for what's going on on both sides."

Through a series of strategic and symbolic events taking place on HMS Illustrious this month, the nations are demonstrating cooperation "in the air, on the sea, all over the globe, and in science and in industry" — realizing hopes that Winston Churchill articulated in a famous 1946 speech lauding trans-Atlantic partnering.

Making history July 15, for example, 14 Marine AV-8B Harrier jets embarked on the ship, marking the highest number of foreign aircraft that HMS Illustrious has hosted in its battle-hardened 218-year military career.

Likewise, it is the first time an American aviation unit of this scale embarked aboard a foreign warship.

From July 25-31, coalition members will engage in a U.S.-led joint task force exercise called Operation Bold Step. The exercise will test a range of ships across the spectrum of conflict, ranging from embargo operations involving British and U.S. boarding teams, to air strike missions dropping precision ordnance against simulated targets, English military officials said.

"The exercise is to stress the interoperability that we as Marines can operate with anybody," said Walsh, assistant deputy commandant for aviation who escorted American guests. "I think that it shows that the U.S. can operate with the coalition, not just working side by side, but actually aboard their ship."

Because U.S. Marines and Royal Navy sailors and Air Force operators have similar characteristics, Walsh said, achieving interoperability is an intuitive transition.

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**Cartoon by Luke Dinges  
Grade 7, Age 12**

# Bavarian News

Grafenwoehr, Hohenfels, Ansbach, Bamberg, and Schweinfurt

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# New shoppette boasts 24 gas pumps

Story and photo by BILYANA ATOVA  
Staff writer

The long-awaited new shoppette opened its doors with a better stock assortment and new items to offer to its customers at Grafenwoehr Aug. 1.

“It is a good facility, at least as good as any other shoppette in any other community,” Col. Brian T. Boyle, USAG Grafenwoehr Commander, said at the opening ceremony.

People waited impatiently for the ribbon cutting ceremony held at 6:30 a.m., so they could get inside, check out the new store, and buy a fresh cup of coffee.

“It is beautiful, the Soldiers seem to like it and that is very important,” said one of the first customers, Judith Brown, while sipping on her coffee minutes after the new store opened.

The first day the shoppette was crowded with people curious to see the layout of the new store and to take advantage of the promotions that they were having. The deals and contests included flat screen TV, mountain



**Customers took advantage of 24 gas pumps, minutes after the new Grafenwoehr Shoppette opened, 6:30 a.m., Aug.1.**

bikes, and a new car being given away.

“I can’t see a frowning face, it looks like Christmas,” Pfc. Nathan Jones noted.

With 24 gas pumps available, the new Grafenwoehr Shoppette has the most pumps in Europe, and offers its customers two more types of fuel, to

Shoppette Manager said.

The opening of the new Army& Air Force Exchange Service and commissary just in front of the shoppette will have a positive impact on the store, increasing the number of customers that will visit it, Irizarry said.

“We expect 25-30 percent increase when they open,” he said.

With fresh pastries, a large selection of sandwiches, and hot food “to go” that the store offers, “people will have much more options on what to eat on post,” Irizarry noted.

Compared to the old one, the store also offers a better selection of beer, soda, and wines, as well as a snack avenue, Godiva products, and Starbucks coffee and tea.

The shoppette is not going to be open 24 hours, but it will be open for what Boyle called “outstanding hours”. The new facility will be open from 6:30 a.m. to 10 p.m. Monday through Thursday, 6:30 a.m. to midnight Friday and Saturday, and 9 a.m. to 9 p.m. on Sundays.

## Spotlight on Education



**Name:** Darlene Edgar

**What grade /subject and where do you teach?** Sixth grade reading, sixth to eighth grade English as a Second Language at Scwheinfurt Middle School

**Hometown:** Visalia, Calif.

**How long have you been a teacher?** 17 years

**What do you like best about teaching?** I like working with the kids, especially second language kids, and seeing them progress with English. I like pushing the kids to get them to read as much as possible.

**What advice can you give students to help them succeed in school?** Always try your best. Stay focused on each of your grade levels as you go, and read as much as you can.

# Local Boy Scout promotes community service

Special to the Bavarian News

Calvin J. Van Patten, a Boy Scout of Troop 261 in Grafenwoehr, recently completed his community project which ultimately will lead to his selection as an Eagle Scout.

Interested in the history of Grafenwoehr, Patton planned, prepared, and then supervised the execution of the clean up of the Grafenwoehr World War I prisoner cemetery that is located just behind the new dining facility in Grafenwoehr.

Patton’s project consisted of arranging for the materials and equipment, soliciting support for assistance, and supervising the overall effort. Because of his work, 22 volunteers provided 173 hours of

community service.

Highlights of the work included general landscaping; grass, bushes, and tree trimming; cleaning of head stones and monuments; removal of contractor equipment; and the repainting of the sign.

Most of the hard work was accomplished on Aug. 11, resulting in a much better looking resting place for those buried and those visiting the grave stones.

“I could not have done the project without the support of the Directorate of Public Works Buildings and Grounds, Self Help, and the unselfish support of those who came and helped,” Patton said.

The cemetery was used to bury prisoners that died while held in

confinement at Grafenwoehr, and was consecrated on Nov. 3, 1914. Almost 20,000 French and Russian prisoners were held in the Grafenwoehr area and 775 perished while under confinement during the World War I era.

After the war, French soldiers’ remains were returned to France. The cemetery monument, a 25-ton block of sculpted granite, was also transferred to the cemetery at Sarrebourg (Lorraine).

Many of the Russian remains were also sent home for reburial, which left a total of 261 prisoners buried in the cemetery.

In 1991, the Grafenwoehr Bundeswehr Liaison Detachment renovated the cemetery and help maintain it today.



Courtesy photo  
**Jackie Ahlers, a volunteer, helps clean the ground around a headstone.**

# Army ups number of Family Readiness Support Assistants

by BILL BRADNER  
Family and MWR Command Public Affairs

The Army’s Family and Morale, Welfare and Recreation Command, at the request of senior Army leadership, is expanding the Family Readiness Support Assistant program to reach all the way to the battalion level, Army-wide, to support deployed Soldiers and their Families.

Currently, there are slightly less than 400 FRSSAs Army-wide, including Guard and Reserve units.

They are primarily contract, term, or temporary over-hire positions, funded by war on terror supplemental funding or unit funds, and managed by their respective Army commands.

Under the new program, recently approved by Army Chief of Staff Gen. George Casey Jr., the positions will be added to unit manning documents, centrally funded, and FMWRC will provide program oversight.

“Commanders had already identified the need and we’re responding,” said Brig. Gen. Belinda Pinckney, FMWRC commander.

“We’re not inventing anything new

here. We’re taking something that works well and expanding it, providing a uniform level of support to Soldiers and Families Army-wide,” he said.

The plan calls for an end-state of as many as 1,100 FRSSAs throughout the Army, placing a support assistant in each deployable battalion, brigade, division and corps headquarters.

The FRSSAs will hold DA Civilian positions at the GS-6 level.

The need for FRSSAs was initially identified through the Army Family Action Plan.

The FRSSAs will remain a component of the unit commander’s Family readiness program, and will be supervised by the commander or his designee.

Their primary duties will be to provide administrative assistance in support of the unit’s Family readiness programs and activities.

Some examples of the duties include assisting with the preparation of pre-deployment and redeployment activities; scheduling and coordinating Family readiness or unit-sponsored training; assisting in developing and distributing unit

newsletters; coordinating video teleconferences for Families and deployed Soldiers; and serving as a link between garrison community agencies and the unit.

Training for FRSSAs will be provided by Army Community Service professionals and Reserve-Component Family Program staff.

Capt. Brian Pugh, rear detachment commander, 54th Engineer Battalion, in Bamberg, Germany, said the FRSA at his unit has been a tremendous asset.

“She performs duties to support the Family Readiness Group leader during deployment, but the FRG leader is a volunteer spouse,” Capt. Pugh said.

“The FRG is a tremendous asset, and hasn’t gone away, but now there’s someone in this office eight hours a day and FRG leaders and Family members know right where to come if they need help,” he added.

Forces Command has had FRSSAs in place for almost two years at the brigade level.

FORSCOM spokesman Kim Waldren said the growing number of

Soldiers serving multiple deployments drove FRG volunteers into overtime that became impossible to sustain.

By adding a full-time, paid employee to the brigade commander’s staff, FRG leaders and Family members were given an easily accessible contact, and the commander was given someone he could hold accountable to ensure Families receive the support needed.

“With an FRSA on staff, I now have someone who is committed to the brigade, but is also a paid employee that I hold accountable for things I need to get done,” said Col. Jim Pasquarette, commander, 1st Brigade Combat Team, 4th Infantry Division, Fort Hood, Texas.

While the bulk of the work an FRSA does is administrative, they also improve connections with other Army support agencies and programs available for Soldiers and Family members.

“By taking the time to connect and relate to our Families, they gain a trust in us and in the squadron leadership,” said Cindy Joyner, 4th Squadron, 2d Stryker Cavalry Regiment FRSA,

Vilseck, Germany.

“By doing our best to ensure that they are receiving the information that is important to them, we offer a link between the community and the command team that until our position was created did not exist,” she said.

The position remains in place even when the unit is not deployed, providing continuity in a world climate that requires units to participate in multiple deployments.

“This is such a difficult time for our Soldiers and Families,” said Delores Johnson, director of Family Programs at FMWRC, the lead agency in overseeing the expansion of the FRSA program.

“We know FRSSAs have had an incredible impact at the brigade level, and are thrilled at the opportunity to provide that level of support and assistance to the battalions.

“Anything we can do to make it easier on the Families back home has a direct impact on the morale of the deployed Soldier, as well,” she continued.

“This is just a win-win situation all around.”



## HEALTHY EMPOWERMENT BY DEMETRIUS WILLIS

**Dear Demetrius,**

**During my last pregnancy I lost control and view of my goals to not gain too much weight, not to look “sloppy”, and not to be unhealthy. I ended up embracing all of these avoidances!**

**I already realize that this pregnancy will be stressful with the deployment and raising my 2-year-old (and eventual newborn) alone for the next 15 months.**

**Do you believe that if I exercise I can better maintain control of these goals? Is it okay to exercise?**

*“Pondering a Pregnancy Program”*

*Peggy*

Dear Peggy,

Most pregnant women can exercise, but you must receive a physician’s clearance to exercise. She or he should also note any potential restrictions to your program.

By exercising early and throughout your pregnancy, benefits may include decreased stress levels, improved muscle and balance, improved circulation,

increased control of excessive weight gain, and improved body image and self esteem.

I get the feeling you are exercising little if at all at this point.

Begin with walking and progress from there increasing intensity and duration. You can perform pushups against the wall and light weight lifting (but non-weight bearing may be preferred).

The most important precautions are to not hold your breath and avoid lying on your stomach for any exercise.

Remember that if it feels “funny” or does not seem “quite right”, try something else.

For more information, check out [www.americanpregnancy.org](http://www.americanpregnancy.org) or [www.acsm.org](http://www.acsm.org).

*Demetrius*

Send your nutrition and fitness questions to [usaggnews@EUR.army.mil](mailto:usaggnews@EUR.army.mil). Willis is a registered dietician and a certified personal trainer.



# 41st Trans. leaves for third deployment

Story and photo by  
**BILYANA ATOVA**  
Staff writer

Family members, leaders, and Soldiers gathered together at the Grafenwoehr Field House July 23 to say goodbye to the 41st Transportation Company before they left for Iraq.

The company, which is assigned to U.S. Army's 18th Combat Sustainment Support Battalion, is on its third tour of duty.

"This is our third deployment in the last five years," Capt. Larry Johnson, 41st Trans. Co. commander said.

The company deployed in March 2003 for a year in support of Operation Iraqi Freedom I and then again March 2005 in support of Operation Iraqi Freedom III, where the company accomplished over 200 convoy escort missions and drove over 500,000 miles.

Lt. Col. Christopher Roscoe, 18th CSSB commander, called the 41st Trans. Co. "probably the most deployed Transportation Company," explaining that most of the Soldiers are headed into their second and third tour of duty.

"Even more impressive, five of you will be starting your fourth year of deployment, including Sgt. McCann, Sgt. Oberman, Sgt. Beltray, Staff Sgt. Cure, and Sgt. Holmes," Roscoe said to the Soldiers at the deployment ceremony.

"Whether this is your first or fourth deployment, all of you are physically and mentally fit warriors," he added.

"The vast leadership experience resident in your unit which came from 41st Transportation Company's prior deployments has made you the best transportation company the Army has to offer," Roscoe said.

The mission of the company is to provide truck transportation of containerized and palletized cargo in

support of V Corps and others as directed.

It establishes a company area of operations to sustain transportation support, provides force protection, and defends truck transportation or assigned areas as required.

Johnson explained that the company's mission in Iraq will be to conduct transportation support of ammunition, food, and various other assets in the area of operations.

He also said that the major training the company conducted as preparation for the coming deployment was a three-week certification exercise in Hohenfels.

Once in Iraq, the 41st Trans. Co. will be attached to the 1103rd CSSB, but "we will make sure to keep in touch with the unit," Roscoe said.

The 115 soldiers that deployed from the company will replace the 370th Transportation Company, a reserve unit from Brownsville, Tx.



The 41st Transportation Company bid farewell to the Grafenwoehr community in a deployment ceremony held July 23.

## 3747th MFTB leadership changes hands

Story and photo by  
**BILYANA ATOVA**  
Staff writer

The U.S. Army Reserve 1st Officer Education System Battalion, 3747th Multi-Functional Training Brigade – Europe change of command ceremony took place in Camp Normandy, Grafenwoehr, Aug. 4.

Lt. Col. Christine Anne N. Fiala assumed command from Lt. Col. James V. Di Crocco III.

The 3747th MFTB-E is the oldest Army Reserve unit in Europe. For over 50 years, the unit has prepared Soldiers for successful careers in the active and reserve components.

The 1st OES Battalion, one of the MFTB-E's three battalions, prepares officers for successful careers in both the active and reserve components by instructing professional military education courses.

Since August 2005, the battalion has taught field grade officers the Command and General Staff College's new curriculum – the Intermediate Level Education Common Core Course.

The battalion currently teaches its ILE course at Grafenwoehr, with satellite locations in Heidelberg and

Landstuhl, and for the first time beginning in the fall 2006, to U.S. troops assigned to units in Kosovo.

The ceremony was highlighted by award presentations and the traditional passing of the colors.

"It is really hard to say goodbye to my friend and inspiration," said Fiala about the outgoing commander Di Crocco.

Di Crocco is returning to active duty on Sept. 1. His next assignment will be as a strategic planner with the United States Joint Force Command's J-7 located in Suffolk, Va.

"It has been my great privilege to be commander for the last three years," Di Crocco said, "it has been a team effort, not just me."

The new commander, Fiala graduated as the Distinguished Military Graduate from St. John's University Reserve Officer Training Corps and was commissioned in the U.S. Army Reserve as a Signal Corps Officer in 1985. She earned a Bachelors of Fine Arts, Summa Cum Laude, from New York Institute of Technology in 1986. Fiala also has a Masters of Communication Arts, with Distinction, from New York Institute of Technology.

In support of Operation Iraqi



The new commander of 1st OES, 3747th MFTB, Lt. Col. Christine Anne N. Fiala (left) stands in front of her new unit with the outgoing commander Lt. Col. James V. Di Crocco III (right) and 3747th commander Lt. Col. Melvin Jones Jr.

Freedom, Fiala was mobilized as the Chief of Staff, 30th Medical Brigade, Heidelberg and is currently mobilized as the Deputy Director, Strategic Communication at U.S. European Command, Stuttgart. Her mobilization will continue while she is commanding the OES Battalion.

She brings a lot of great experience and is not new to the organization, Lt. Col. Melvin Jones Jr., 3747th MFTB-E Commander, said.

Fiala is married to Lt. Col. Otto C. Fiala, U.S. Army Reserve Civil Affairs, and they have two sons, Vincent and Stephan.

## German law gets tough on underage drinking

by **SPC. SHANE ESCHENBURG**  
U.S. Army Europe Public Affairs Office

German lawmakers have approved a new zero-tolerance law aimed at drinking drivers under 21 years old.

As of Aug. 1, drivers in Germany who have not yet reached their 21st birthdays are subject to a charge of driving under the influence if any level of alcohol is found in their blood while operating a motor vehicle. The same applies to beginning drivers with German driver's licenses during the two-year probation period that comes with their new licenses.

Hans-Juergen Howoldt, foreign law branch attorney-advisor for the U.S. Army Europe Office of the Judge Advocate, said the main reason the law was enacted is because statistics in Germany show that more young adults are getting in serious accidents, and that many of those mishaps are related to alcohol.

"You only have to read the paper and see that inexperienced alcohol drinkers are underestimating the alcohol content found in German alcohol," said Howoldt.

The standard fine for offenses under the new law is 125 Euro, but according to the German catalog of administrative fines, the fine can be increased to 150 Euro if third parties are endangered by the violation, and up to 175 Euro if property is damaged. In some cases, the fine could be increased to 1,000 Euro, depending on the circumstances surrounding the offense.

If underage DUI offenders are caught with a blood alcohol level of .05 or higher — the "standard" DUI threshold for drivers in Germany — they face even stiffer penalties, said Howoldt. The fine would be 250 Euro and a potential one-month suspension of driving privileges for the first offense; 500 Euro and a potential three-month suspension for the second, and 750 Euro and up to a three-month suspension for the third violation.

"I think this is a good change, and that we (U.S. Army Europe) need to abide by this law," Spc. Randall Hooker of 2d Stryker Cavalry Regiment said. "If we're living in Germany, then we should obey all of their laws, and this will help keep some of the younger Soldiers out of trouble."

The new law doesn't yet apply to driving on military installations in Germany, but Tom Lorenzini, registrar with United States Army Europe Registry of Motor Vehicles, said it is common for military installations to adopt the laws of the host communities.

## Redesigned clinic opens in Grafenwoehr

News release

The new consolidated Grafenwoehr Health and Dental clinic opened with an official ribbon cutting ceremony at 11 a.m., Aug. 13, at the clinic at Grafenwoehr.

This \$13 million facility, the most modern Army clinic in Europe, was completed in three phases. Its construction increases the building's size by over 28,000 square feet to a total of 38,961 square feet. Phasing allowed the construction team to build a major addition onto the existing building, and then renovate the existing 1990 health clinic without any significant impact to patient care.

Key components of the completed clinic are 22 additional primary care exam rooms, an expanded and automated pharmacy, an increase from 10 to 31 dental suites, expanded

clinical services to include physical therapy, optometry, audiology, and hearing conservation, and additional parking.

The Europe Regional Medical Command and Health Facility Planning Agency initiated design of the facility in early 2003. This key healthcare facility provides critical support to Soldiers and Families who moved to Grafenwoehr under the Efficient Basing Germany portion of the Army's transformation in Europe.

Construction was to begin in 2004, but other worldwide priorities caused the project to slip from the fiscal year 2004 Military Construction program. Former USAREUR commander, Gen. B.B. Bell, made a successful plea to have it reinstated in the FY05 program. Construction began in April 2005, with the Phase 1 addition completed in March 2006.



Col. John Etzenbach, Bavaria DENTAC commander; Col. Margaret Burcham, U.S. Army Corps of Engineers commander in Europe; Col. Brian Boyle, USAG Grafenwoehr commander; and Col. Theresa M. Schneider, Bavaria MEDDAC commander cut the ribbon in front of the new medical and dental facilities in Grafenwoehr.

Photo by Katie Cowart

## DoD announces new extended R&R policy

News release

On July 17, the Department of Defense approved a policy change to the U.S. Central Command Rest and Recuperation Leave Program, increasing the time provided to military service members for rest and recuperation in support of Operation Iraqi Freedom and Operation

Enduring Freedom.

The policy change, signed by David S. C. Chu, undersecretary of defense for personnel and readiness, increases the R&R leave period from 15 to 18 chargeable days for those service members deploying to the OEF and OIF area of operations for 15 months.

The amended policy became

effective July 13, applies to military personnel only, and is not retroactive.

Only service members who took leave on or after July 13, 2007, may take 18 days of leave.

Service members will not be charged for their travel days.

The R&R leave begins when the service member arrives at the commercial airport nearest their leave

destination.

Service members serving one-year tours will continue to receive 15 days of chargeable R&R leave.

The amended Rest and Recuperation policy came as a result of the recent DoD change to the rotation and mobilization policy increasing some theater deployments to 15-month tours.



# German-American Volksfest much larger now than original 50 years ago

by BILYANA ATOVA  
Staff writer

The three days of fun, food and cultural exchange that the 50th German-American Volksfest had to offer are officially over. The fest kicked off with a ribbon cutting ceremony, a marching band, and the tradition of tapping the keg by Col. Brian T. Boyle, USAG Grafenwoehr Commander, Aug. 3. “On an annual basis this is the most significant event that has taken a life on its own,” Andrew Snoddy, MWR Chief Recreation Division, said about the fest that has already turned into a 50-year tradition. “We get people from all parts of Europe,” Snoddy said. “They plan around this event.” With more than 100 vendors and between 80,000 to 100,000 people over the three days, this year’s fest is 20-25 percent bigger than it was last year, according to Snoddy. Martin Hoessl, a 74-year-old retiree and a native from Grafenwoehr, who attended the first fest 50 years ago, still remembers the first one held in 1957. “It was not so big in the beginning, it started very small,” Hoessl said, “maybe about

10,000 people came.” When asked what he thinks made the fest keep going throughout the years all he says is “Essen!” And he is probably right. Mouth-watering breaded onions and burgers were promoted side-by-side with ice cream and different local and international specialties. “I truly believe that the food, the ribs and hamburgers, and the cultural exchange kept the fest going throughout the years,” Hoessl, who has been participating in 30 of the 50 fests throughout the years, said. For the Germans, the Volksfest is a unique opportunity to try and enjoy American food that is not offered anywhere else. They could try various types of American cuisine prepared by Americans, including corn dogs, hamburgers, hot dogs, and even American beer. One could often see Germans walking with a bottle of Bud Light or Budweiser in their hands or being fascinated that they can open them without a bottle opener. For the Americans, the fest is not just a possibility to experience authentic German food and a big mug or two of German beer, but it is

also a journey back home. “For the Americans it (the fest) is a taste of America, a touch of home, the county fair, and also an opportunity to experience authentic German food and culture, and a way to interact with other Americans and home nations,” Snoddy said, calling the fest “a mini United Nations.” “It is a way to share part of the American culture, not just hot dogs and hamburgers, but American culture,” Snoddy added. As always, the fest offered entertainment including traditional German bands and live American music such as rock, country, and R&B. “They have always had German and American bands playing, and it is a great way for people to taste each other cultures,” Hoessl said. “Germans love country music.” As with every fest or fair there were plenty of attractions and rides available for all ages. Rides, from as tame as a train ride for small children and bumper cars to a very wild slingshot ride that only the bravest of hearts dared to ride, could be enjoyed by all. One of the highlights of the fest was an equipment display provided by the German and American armies. Soldiers from both nations

were available to provide information about their vehicles and their mission. While most adults were interested in the equipment and its capabilities, the children, on the other hand, turned the equipment into their personal playgrounds. The first fest only displayed American vehicles, but nowadays the fest gives the German Bundeswehr a chance to show off some of its modern military equipment. Boyle explained that there were not any Stryker vehicles on display this year due to 2d Stryker Cavalry Regiment’s recent deployment. “The fest has a significant impact on the German-American relations,” Snoddy said. He noted that the fest is an opportunity for Family and friends to relax from the daily stress and enjoy things together. The German-American Volksfest is more than just a good time, it is a landmark for the region that brings people together and gives them an opportunity to overcome the cultural differences.

Photo by Katie Cowart



Col. Brian Boyle and Burgermeister Helmuth Wachter, with the help of Brig. Gen. David Hogg, cut the ribbon officially opening the 50th annual German-American Volksfest.



German and American kids alike turned the military vehicle displays into a playground.

Characters from Star Wars made an appearance at the Volksfest, too. They took the time to greet children and pose for pictures with them, though some weren’t quite sure what to think of the masked characters.



Face painting was one of the many kid-friendly entertainment options available at the Volksfest. Getting to play dress-up and to express her creativity, Tsveta Lutz contributed to the festive spirit of the Volksfest.

Photos by Bilyana Atova



The thrill-ride of the Volksfest, the Sling Shot, was not for the faint of heart. After being strapped into the metal ball, riders were launched into the sky like a projectile from an actual sling shot. The only difference: this ball was still attached and would come back to where it started.



# Graf ranges play vital role in 2BCT 1AD training

Story and photo by KATIE COWART  
Assistant Editor

For anyone living near the Grafenwoehr area, it's no secret that the ranges play host to live fire exercises all throughout the year. The loud booms and rat-tat-tats that quickly become just background noise serve as daily reminders that those ranges are back there being used.

Over the past month, the 2nd Brigade Combat Team of 1st Armored Division out of Baumholder took advantage of all the opportunities offered in such a large training area.

"(The Grafenwoehr Training Area) has more ranges and variety of training areas that allows the entire brigade to train at the same time and place," said Capt. Nicholas Cantrell, the 1-6 IN task force fire support officer. "It also allows us to train our unit movement and deployment functions by rail loading, line hauling, convoying, and bussing vehicles, equipment, and Soldiers to Grafenwoehr."

The brigade used the ranges to complete a platoon proficiency exercise and a stress shoot.

The platoon proficiency exercise let the platoons execute missions and train together as a platoon, instead of individual Soldiers. To successfully complete the mission, a list of tasks had to be completed to a satisfactory degree.

2nd Lt. Matthew Krog outlined the process of taking his platoon into the exercise.

"I'm taking my platoon into its first live fire and we'll see how they work together," Krog said. "There are lots of variables thrown at us. We know there is a hostile area. Instead of shooting at everything, we want to work on making a positive ID, and this is something we haven't dealt with yet."

This mission was played out as if it were the real thing the Soldiers will experience



**2nd Lt. Matthew Krog, on his radio, coordinates his platoon's next movement. This exercise, held at the Grafenwoehr Training Area, focused on mastering the combination of mounted and dismounted forces.**

downrange. They received intelligence on the "enemy," who were other Soldiers within the brigade role playing to teach their fellow Soldiers how to deal with Iraqi citizens and possible insurgents they may come across. They

were also informed of the possibilities of improvised explosive devices on the trail, and were given orders to patrol and clear the area.

Krog emphasized that one of the main goals of this particular exercise was to make a positive

identification instead of being "trigger-happy."

"You have to have positive ID downrange. This being the first (exercise) is probably good for leaders to see how our guys react," he said.

The overall goal of the time spent in Grafenwoehr was to find a baseline and give a better idea of how the Soldiers of the brigade need to be trained. Krog related that many of his Soldiers are new privates, and many of them have not fired a live bullet with the exception of basic training. This training will give those new Soldiers the skills they need to be successful in combat.

"This training has been essential in getting baseline qualifications at the individual, crew or squad, and platoon levels," Cantrell said. "This is an important and necessary step prior to our conducting our pre-Operation Iraqi Freedom mission rehearsal exercise at Hohenfels."

In addition to adding in the practice of firing live rounds, the brigade also implemented some new tactics and added in another piece of the puzzle: coordinating the movement of mounted and dismounted troops together.

The mounted troops are those that are within a vehicle, such as a Bradley fighting vehicle or M1 tank.

Dismounted means that the Soldiers are moving on foot.

Coordination of these two elements is important in avoiding injury and for maximum effect.

According to Krog, his infantry Soldiers also benefited from training they received from visiting Special Forces personnel on the latest tactics, techniques, and procedures being used in Iraq for clearing homes.

The brigade used this exercise to become better prepared for their upcoming deployment in early 2008.

# Local students awarded commissary scholarships

Special to the Bavarian News

Class of 2007 Vilseck High School graduates Courtney Baer and Corbin Skerritt, and Bamberg High School graduate Bernard McPherson were recently named winners of the annual Scholarships for Military Children Program.

**Courtney Baer** is a recipient of a \$1,500 college scholarship awarded at Vilseck. Courtney's parent is Scott Baer.

Courtney is enrolled, or plans to enroll, at UNC at Chapel Hill.

Courtney's school and community activities include: golf captain; Key Club; marching band; YMCA volunteer; and American Red Cross volunteer.

**Corbin Skerritt** of Fredericksburg,

Va. is a recipient of a \$1,500 college scholarship awarded at Grafenwoehr. Corbin's parents are Corbin and Juliette Skerritt.

Corbin is enrolled, or plans to enroll, at the University of Virginia.

Corbin's school and community activities include: National Honor Society; track and field; cross country, captain; modern music masters, president; and Student 2 Student Ambassadors.

**Bernard McPherson** is a recipient of a \$1,500 college scholarship awarded at Bamberg. Bernard's parents are Bernard and Margie McPherson.

Bernard is enrolled, or plans to enroll, at Alcorn State University.

Bernard's school and community

activities include: National Honor Society; school newspaper, editor; gospel choir, lead singer; basketball; and drumline.

The Scholarships for Military Children Program was initiated in 2000 to award scholarships to graduating high school seniors or college-enrolled students. The scholarship program is open to qualified sons and daughters of members of the U.S. Armed Services including active duty, retirees, guard/reserves, as well as children of deceased military personnel.

Applications are turned in through commissaries. Nearly 5,000 students applied for the scholarships at commissary locations worldwide.

All of the recipients are listed at

[www.militaryscholar.org](http://www.militaryscholar.org), the official Web site of the program.

Applicants for the 2007 program were required to maintain a minimum 3.0 grade point average, participate in voluntary school and community activities, demonstrate leadership qualities, and write an essay on "If you had the power to change the outcome of any event in history, what would you change and why?"

Manufacturers and organizations that do business with the commissary system funded the scholarships with money ordinarily used for various other contests and promotions.

These three scholarships were funded through the generosity of Pactiv-Hefty/EZ Foil.

The Fisher House Foundation

administers the Scholarships for Military Children Program through Scholarship Managers, a professional scholarship management services organization.

Fisher House is known for building the military comfort homes near military medical facilities.

As in prior year programs, the level of competition continues to be very keen.

"The cumulative GPS remains 3.7 to 3.9 range," said Bernard T. Cote', president of Scholarship Managers. "As in all prior years, the caliber of the applicants to the 'Scholarships for Military Children Program' continues to be a step above those students who apply to the many other scholarship programs we administer."

# New York City fireman, wife make return trip to Europe

by ROGER TEEL

Special to the Bavarian News

Bob Wiecezak estimates he was one of the last Americans drafted into service as the Vietnam War came to a close.

"I was number 16 in the lottery. There wasn't much I could do about it," he said of the selective service process at that time.

After basic training, however, Wiecezak was not sent to Southeast Asia, but was routed to Harvey Barracks in Kitzingen, Germany, as a private working as a signal switch operator in late 1972.

Now 35 years later, Wiecezak and his wife Theresa, both Brooklyn, N.Y. natives, were on a long-awaited European vacation and Bob wanted Theresa to see where he served his country.

"I remember when I first got here I fell in with the wrong crowd," Wiecezak said, recalling his arrival to Germany. "We were out on the town in Kitzingen, singing and walking down a street at about two in the morning when the Polizei showed up.

"The guys I was with split and left me standing there alone," said Wiecezak. "I tried talking to the Polizei officer, but he hit me right across the nose — hard, blood everywhere — and told me to be quiet. The Polizei took me to the military police station on Harvey Barracks and my commander had to come get me."

Wiecezak admitted it wasn't the best first impression he could have made, but it made him straighten up.

"I decided to work hard and keep my nose

clean so I wouldn't to end up in the stockade," he said.

It worked. His company commander eventually saw enough positives in Wiecezak that he took him flying during their time off.

"He flew helicopters on Sunday mornings. I'd be standing by, waiting for his call, usually after I'd been out the night before. When we were up there my commander tried to make me as sick as he could," Wiecezak said, laughing at the memory.

The Wiecezaks (pronounced "Wee-zak") were on a 12-day tour of European cities when they stopped in Wuerzburg/Kitzingen. Their tour included three days in Paris, where they took in a show at the Moulin Rouge, two days in Frankfurt, three days in Wuerzburg/Kitzingen, ending up in Munich/Garmisch and Salzburg, Austria.

"We went to the top of the Zugspitz and I showed Theresa where I broke my back skiing," Wiecezak said, recalling an incident that nearly paralyzed him and put him on convalescent leave for six months.

"After that, we drove to see the Neuschwanstein castle. She's always wanted to see that," he said. "The next day we went to Salzburg. Theresa's favorite movie is 'The Sound of Music,' so we did the tour and both had a ball.

"I really miss the beer over there," he added in a post-vacation e-mail. "Since we got home I've been drinking this American (beer) and it just ain't making it."

In Kitzingen, they stopped at the city's tourism office and explained why they were visiting to one of the receptionists. The

receptionist asked them to return in an hour, and they agreed. When they returned, Kitzingen Lord Mayor Franz Boehm presented them with a memento — a photo album — from the city.

"This is fantastic," Wiecezak exclaimed as he toured Kitzingen. "Everything has changed, but it's all coming back to me — the clubs I went to, the restaurants, the churches. Germany is such a beautiful country and Kitzingen is a wonderful city. It's great that I had the opportunity to serve here."

"It puts things in perspective," Theresa added. "Compared to American history, everything is so much older, so much more charming, and so well preserved."

In her teens Theresa vacationed with her family in Italy and had not been back to Europe.

Bob had not been to Europe since his departure in 1975. They married in April 1979, and have two children, a son, Bobby, who graduated from Georgetown University, and daughter, Christine, who recently graduated from Northeastern University.

"We did pretty good for a couple of middle-class kids from Brooklyn," Wiecezak said.

While he may not have had a particularly distinguished military career ("I was two years in — and gone," he said), Wiecezak is noted for professional service to his country in another way.

As a lieutenant in the New York City Fire Department, he served his city — and his country — during the heroic rescue efforts at Ground Zero on 9/11.



Photo by Bob Gordon

**Bob and Theresa Wiecezak pose on Wuerzburg's Old Saints Bridge during their return trip to Europe.**



# New commander settling into community

Greetings from the garrison! I would like to start my first column by thanking the entire community for the tremendous welcome that Inge and I have received since our arrival.

This is our third tour in Germany and everyone has gone out of their way to make our first few weeks in Hohenfels feel more like a “home



coming” than a permanent change of station.

We were fortunate in that the Army allowed us to PCS here as we knew from our previous experiences in Germany what a great place Hohenfels is and we have not been disappointed. From the housing to the schools and the entire support structure on post, Hohenfels is truly a great place to live and work.

I have been impressed by the positive attitude and dedication of our entire workforce, both U.S. and German, as well as the Soldiers and Family members that comprise this community.

Not only do we concentrate on

providing a home-town atmosphere for our Soldiers and their Families but we are also setting the standard and providing a positive environment for the more 15,000 multinational soldiers that past through our front gate annually.

The pride that we all show in our work and living places provides a great example to our current and future coalition partners as we work together in preparing for and fighting the War on Terrorism.

I would also like to take the time to welcome Command Sgt. Maj. Perry Clark and his wife Maja who joined the community on Aug 1. Command Sgt. Maj. Clark and Maja

are newlyweds and they join us from the U.S. Garrison Giessen, where he was the garrison command sergeant major.

They are both a welcome addition to the Hohenfels team and I hope you will join me in wishing them the best of luck in both their marriage and their new assignment here in the Oberpfalz.

The fall months will be extremely busy ones here in the garrison and in the Box and I would like to highlight a number of great community events that are on the calendar during the next 30 days: tomorrow, the Community Health Fair will be held at the Community

Activities Center; Sept. 10 we will hold our Fall Golf Classic in Schmidmuehlen; Sept. 14 we will hold our Hispanic Heritage Celebration at the CAC; and National Kids Day will be celebrated on Sept. 15.

Again, thanks for the great welcome to Hohenfels. I look forward to meeting and serving you as the garrison commander over the next two years.

*Lt. Col. Gary Bloomberg  
USAG Hohenfels  
Commander*

# VBS lets kids, volunteers ‘get rowdy’ in church

by LUNY HILL  
Special to the Bavarian News

Rowdy is not a word often used in churches, except to condemn outrageous behavior. However, rowdy was often used during the week of Aug. 6 - 10 for the Hohenfels Combined Chapels Vacation Bible School as each day some two hundred voices sang a song with the phrase “Let’s get rowdy” as an anthem.

“Rowdy very much characterized every thing happening during Vacation Bible School, and we encouraged it,” explained event co-director Stephanie Headrick. “Vacation Bible School is a traditional summer program, used by churches, for teaching children about the Bible and having some fun; getting a little rowdy helped make the learning easier this year. The week of Vacation Bible School provides an exciting break in the long summer routine for the children.”

About 30 volunteers gathered on the evening of Aug. 5 to transform three buildings into the Wild West, a Rocky Mountain ranch, and a gold mine camp. Mountains, pine trees, pigs, cattle, and horses soon filled the buildings. With a little material and mountains of creativity, fences were built from cardboard

and wood, paper mountains soared up the walls; the foyer became a boom town; a fireplace was converted into an abandoned mineshaft, as the little company of workers rushed from one project to another.

The five days of VBS required more than 60 volunteers—adults and young people—to herd the 140 children attending the three and half hours of daily activities. They led songs, taught Bible stories, taught the children new games, crafted many projects (one youngster pointed with pride to the colorful sand-painting of a horse he had just finished), and babysat children too young to attend classes. Several volunteers stepped up at the last minute providing some necessary preschool-sized VBS activities. Numerous parents and adults who were unable to participate in the VBS took time to drop off snacks for the volunteers each day.

“Lisa Fisher deserves praises for her labors during the week. Lisa spent three drenching days leading outdoor games and activities, in the rain, for all the children. Her unselfish effort is characteristic of each volunteer who provided the opportunity for every child to have a good time,” noted Amanda Hoffer, the other co-director.

Hoffer and Headrick acknowledged that VBS would not have been as rowdy and



Photo by Leigh Ann Taylor

**Kids, teens, and adults all took part in singing the VBS theme song that focused around the phrase “let’s get rowdy”.**

successful without all of the great volunteers, adults and teens alike, working together for one common goal. Thank you volunteers for

being there and parents thank you for allowing your kids to get a little bit “rowdy” with us.

# ACS offers special form of P.T. in effort to lower stress

Story and photo by GARRY BARROWS  
Staff writer

While all of the negative effects of stress are not fully understood, most people know that stress, especially excessive stress, is not a good thing.

In the case of Soldiers who have vital missions, being able to recognize stress and its causes is a very important first step to deal with and minimize the potentially dangerous impact stress can have on daily life.

That is the background behind the Family Advocacy Program’s stress management P.T.

Even with a gifted orator, Soldiers often tune out mandatory briefs. Given that, FAP social worker Brandi Stauber along with Army Community Service team members have created stress management P.T. to provide the mandated annual FAP and Sexual Assault Prevention Response Program brief to Soldiers.

Using life applications common to Physical Training regiments this P.T. session, held between 6:15 a.m. – 7:45 a.m., provides experiential learning to help Soldiers recognize the impacts of stress as well as teaches internal and external strategies to lower stress.

Stress-related risk factors such as social isolation, non-assertive communication, financial concerns and alcohol use/abuse can lead to child and/or spouse abuse.

Those stressors brought home from an intense staff meeting at work or a particularly bad day interacting with a higher ranking individual, can build up and “team up” to overwhelm an individual who then may allow those stresses to be directed towards their spouses or children.

Joint Multinational Readiness Center Command Sgt. Maj. Jose A. Santos, instrumental in bringing this program to fruition, sees a responsibility to minimize the effects of excess stress.

“Building a bridge towards healthier, more educated and stress-free Soldiers - it is our responsibility to care for Soldiers and Families, and through innovated ways with the collaboration of the Army Community Service staff combining class room instruction to educate



**FAP social worker Brandi Stauber reads out statements to Soldiers participating in the stress management P.T. program offered by Hohenfels ACS.**

and to release mental stress and using the physical training period as a pillar to release physical stress it will allow us to build the bridge towards our goal,” Santos said.

Awareness that an individual is stressed and that stress is affecting the marriage and parental relationship is critical to be able to manage stress and improve the quality of life Soldiers and their Families enjoy.

**Station one – Stress Management**

One of the stress management P.T. exercises consists of 15 stress indication questions being read to a group of Soldiers. Questions like, ‘I never have trouble falling asleep’ or ‘I’m never too tired to do anything else BUT watch TV at the end of the day’ are read.

If the answer is “No”, meaning there may be stress-related sleeping or endurance issues, the Soldier is required to do two pushups.

At the end of the exercise, if a Soldier has done 14 or more pushups, there may be indications of stress overload, issues that can be improved by taking Personal Time (P.T.) to de-stress.

Stauber then discusses being aware of where the stress originates, and with this knowledge, it becomes possible to “file” the stress where it belongs, to work issues, for example.

By relieving the stress, through awareness and perhaps other techniques like exercise, game playing, or even listening to music, the Soldier has a far greater opportunity not to bring this “relieved” stress home to interfere with the Family.

**Station two – Assertive Communication**

The P.T. time also includes an exercise in assertive communication, the idea of allowing you to stand up for your rights without

interfering with others rights and further more considering other people’s needs without letting their needs overwhelm yours.

The New Parent Support Program provides insight into their services for expecting and new parents as well as parents with children three and under which includes seminars, workshops and home visits.

Not yet called “Nanny 911”, the NPSP staff discusses the great personal services they can offer that are tailor-made for each family.

**Station three – Boundary Setting**

Sexual assault awareness is another important issue that has been incorporated into stress management P. T.

Hohenfels Victim Advocate Stacy Gatlin and Unit Victim Advocate Sgt. 1st Class Melonie Fordham present a powerful video on how seemingly “normal” mind games develop into a rape plan that the offenders don’t see any wrongdoing in.

Among the Army’s firmest standards is the law that any form of sexual assault will not be tolerated. Focus is made on setting personal boundaries to include recognizing the negative impact alcohol or drug use can have on an individual’s ability to protect his personal boundaries.

Gatlin also explains the sexual assault restricted reporting program that allows a victim to obtain immediate counseling and medical care, with dignity and respect, without making an immediate official report thereby placing the most immediate needs in the primary position.

The final portion provides an opportunity for all ACS programs to explain the support services that are available and how by taking advance of them can relieve stress in financial, relocation, employment, and deployment areas as well as Family related issues.

“The same day as our first P.T. session, four Soldiers who attended came to see me for help with financial matters,” related Amy Bernath, ACS Financial Readiness Manager, “clearly demonstrating our appeal to Soldiers to recognize and reduce stress is working.”

For more information on stress management P. T., contact Hohenfels ACS at DSN 466-4860.



# Hohenfels community honors fallen Soldier

by SANDRA JONTZ  
*Stars and Stripes European edition*

Anyone who knew Pfc. Zachary Ryan Endsley knew of his passion for music and talent for whipping up chords on his old six-string guitar.

Though the young rifleman knew when and how to relax and enjoy life, he was also serious about his soldiering and proved to be an asset to the Army, fellow Soldiers said Aug. 1 following a memorial service at Hohenfels, Germany.

Endsley, 21, posthumously promoted to



Endsley

corporal, died July 23 in the Arghendab District of Afghanistan when his unit came under attack, officials said. He was a member of Company B, 1st Battalion, 4th Infantry Regiment, based in Hohenfels.

“He loved his music, he loved his guitar,” Sgt. Rickie Gander said during an interview recorded by Spc. Jerry Wilson with the Joint Multinational Training Command public affairs office. A copy of the recording was provided to Stars and Stripes. “Anyone who knew him, they knew he loved playing his guitar.”

“He was always smiling, always had a smile on his face,” Gander said of the young man from Spring, Texas. “He was well squared away. He had respect for his peers and his subordinates, and always looked out for his fellow Soldiers. ... He took his job very seriously, but he knew when it was time to be serious and when it was

time to mess around.”

And Endsley had a knack for traveling lightly, showing up for his first duty station in Germany with very little baggage.

“We all arrived in Frankfurt about the same time. This is all of our first duty stations,” recalled Pfc. Tim Hanke, who grew up with Endsley in the same Texas town, but did not know him until the two met in the Army.

“And we get off the plane and run into Endsley. He’s getting this one bag off the baggage check. He’s got a full beard, and he grabs his cowboy hat and puts it on and that’s all he’s got. He showed for his first duty station with a cowboy hat, a guitar and one bag of clothes,” Hanke said.

Between 150 and 200 Soldiers and civilians crowded the theater for the Aug. 1 service, Wilson said.

“Cpl. Endsley, known by friends as ‘Creeper,’ was well thought of by his peers and showed a great desire to excel in his chosen field,” reads a portion of the memorial program. “In his spare time he was an avid video gamer and often could be counted on to entertain by displaying his talent with a guitar and as a singer.”

Friends reminisced of a Thanksgiving spent with Endsley in which they spent hours playing online video games.

They spoke of his love for music. Though Endsley liked just about any genre, he identified mostly with rock and heavy metal.

And he was a keen artist who once created a logo for his unit while in basic training.

“He drew me a picture of a Soldier on his knees, praying like on his M-16,” said Spc. Ryan Mountain. “I was supposed to get that as a tattoo. Probably will now.”

## N.C. National Guard teams up with Moldova for training

Story and photo by  
SGT. JESSICA L. SHELDON  
*N.C. National Guard Public Affairs*

The 105th Engineer Battalion held their Annual Training at Hohenfels Germany this year. In three rotations the battalion took on construction projects that would benefit all the Armed forces getting ready for deployments, trained in demolition/explosives, trained an Active Duty Military Intelligence Company in convoy operations, and incorporated 28 Military Engineers from Moldova.

Each of the rotations were made up of three components; construction, sappers, and maintenance/support. Each component came together during their training like a well oiled machine.

The 105th had two projects they were assigned. Project #1 is an Entry Control Point where two lanes of traffic would enter the area and turn around point would be available to turn large vehicles around at the gate. The ECP will be at the entrance of an existing Forward Operating Base. The engineers had to clear the land and lay geo-tech material down under the gravel and rock for the road.

Project #2 was creating drainage for more buildings in Sader City, which is a training area made to look like an Iraqi village.

The Moldavians joined the 105th during the last rotation. The North Carolina National Guard and the country of Moldova are part of Partnership for Peace, a North Atlantic Treaty Organization project, created in 1994, aimed at creating mutual trust and international cooperation between NATO and other European and former Soviet bloc countries.

Ubunsdorg, which is an area for urban warfare training on Hohenfels, was utilized by the engineers and the Moldavians. Capt. Efros Adrian, of the Moldavian Army said they have not had this type of training before. He said, “This is a very interesting and very real simulation”. According to Adrian, most of the engineers he brought with him had been deployed to Iraq in the past and they are looking

forward to more of the training.

Along with the Urban Warfare Training, the Moldavians also took part in working with the projects and the explosive training. By training with the N.C. National Guard it not only helps them learn new techniques, but also helps NCNG Soldiers work with foreign military in a partnership.

Only a few of the Moldavians spoke English and, although there was an interpreter, they often found themselves communicating in other ways. Other forms of communication were leading by showing them an example of what was needed or hand gestures. Within days the two groups were working well together, and each caught on quickly to what was expected of them.

The mission for the 105th Engineer Battalion had a lot of moving parts and short deadlines. Not only were they able to take on the work load but found other training opportunities along the way. The N.C. Army National Guard strives to make training in front of all they do; the 105th successfully accomplished that mission.



Soldiers from the N.C. National Guard partnered with the Moldavian army in a training exercise held in Hohenfels this past month.

## 527th MP company completes smooth transition to Hohenfels

Story and photo by  
GARRY BARROWS  
*Staff writer*

Well before Capt. Michael H. Capps took command of the 527th Military Police Company, the decision to close the Giessen Army Depot and move the 527th to Hohenfels had been made.

But Capps got in on all the fun of moving his company to a new post. In the Army, a lot of issues are part of the moving equation.

Being an MP company, their security responsibilities that impact every portion of a post had to be performed. In the end, a Florida National Guard unit took over to provide security as the last of the 527th headed to Hohenfels.

As Giessen became more and more of a community of diminishing resources, the provision of services was a concern that needed to be recognized. Being a relocating company, PCS and ETS shortages were not replaced as they might have been, since when moving, the Army attempts to move the smallest number of Soldiers and Families. At the time of the move, the original three platoons of a company became one platoon and a headquarters detachment. And that’s what came to Hohenfels as the 527th moved from May 1 through June 8.

But not without outstanding preparation.

“Hohenfels really got it right,” Capps explained. “We were absolutely treated like kings every time we came here. The garrison did a great job helping us set up. [During our two day Hohenfels company recon] we had a bus to take us to a Gasthof off post, in Velburg and the Garrison Commander with his entire staff hosted a dinner for us the first night.”

Capps was also very gratified by the responsiveness of the garrison.

“Bldg. 30, (their current

headquarters) was never in the original plan,” Capps relates.

Company feedback prompted then-USAG Hohenfels Commander James V. Matheson to make new arrangements that would “allow us to have a facility to meet our needs. “

2nd Lt. Douglas Bryant was the first Soldier to receive his orders to relocate, so, being an officer, he was the nominee to be the point man to do preliminary recon of Hohenfels in late April. Even before the command recon visit, Bryant had inspected their new living and work buildings and remained on top of many logistical issues like phones, computers, and furniture.

“The housing office did a really great job for us,” Capps explained.

According to Capps, it was an all-hands effort that made it possible to allow many of the Soldiers and Families to temporarily have two living locations that allowed for a “door to door” move that saved everyone a great amount of work and stress.

“And since coming here, there was an immediate increase in morale and the excitement level has continued. The Soldiers have embraced the place and our buildings,” Capps said.

“Every day we think we’re established and every day we find something new that needs to be done, but just little stuff,” Capps said.

During the next three months, their “Road to War” will feature numerous training regiments and programs. But when they return from each training exercise and any future downrange assignments, they have a home in Hohenfels.



A secret of the smooth 527th MP Company move was working together as a team, demonstrated by this group effort.

## New PX manager acts on suggestions, gets more merchandise

by GARRY BARROWS  
*Staff writer*

When Sam Shinault came aboard as the Hohenfels Post Exchange manager June 1, he had a tall order in front of him.

There was a general dissatisfaction in the Hohenfels community with the service being provided by AAFES. In fact, the community had formed an AAFES Council to raise its concerns and requests for change to AAFES Europe senior leaders.

Instead of looking at the dissatisfaction as an insurmountable problem, Shinault regarded it as a catalyst for change.

Rather than considering a council of community activists as a threat, he embraced the council as the voice and representatives of his customers. Change was immediate and effective.

In response to community feedback indicating the selection of merchandise was too limited, a large transfer totaling more than \$25,000 worth of men’s and women’s clothing was brought to Hohenfels. It sold out in four



Shinault

days. Immediately afterward, another smaller shipment from Grafenwoehr was brought in and it sold out within a three-week period.

That kind of response got everybody’s attention.

In short order, he reorganized the store reducing the footprint of Powerzone equipment and replacing it with expanded clothing and house ware merchandise that is necessary to support the people who live in the Hohenfels community.

When the new Harry Potter book was released, Shinault marketed a Harry Potter extravaganza that led to the book selling out in Hohenfels in two hours.

When seasonal events such as “back to school” occur, he anticipates needs, secures adequate supplies and adjusts floor space to accommodate requirements.

Another joint merchandising venture was a three-day furniture sale conducted in May at the Community Activities Center to provide residents a big time furniture source. Again, the community demonstrated its approval by purchasing \$52,000 worth of furniture over the sale. AAFES has scheduled the second of the special Hohenfels bi-annual event, the Fall Furniture Expo for Oct. 17-19.

If you want to talk to the PX manager, don’t bother looking in his office. Most often, you will

find Shinault on the floor setting up displays, moving merchandise, working closely with his staff and store workers.

“Managers who lead on the sales floor instead of behind a desk get better results.” Shinault explains.

So to provide Hohenfels with a cohesive and positive work force, Shinault has made it his business to set a personal example of what he expects from his employees.

In most PXs, and most stateside Wal-Marts, for example, a new and different selection of clothes comes in only once a season. Not so here.

In fact, Hohenfels residents are seeing a greater selection of merchandise than ever before and the reason is an unusual merchandise rotation that was suggested with the success of the first two special transfers.

When Shinault is not on the floor, he is scouring over e-mails announcing excess and over shipments from other PX locations all across Europe. Recently, he responded to a Vicenza, Italy e-mail and secured a large selection of boy’s shoes and casual family clothes

Identified by the “New to the JMRC” signs on a number of our clothing and merchandise racks, an increased amount and variety of merchandise is rotated in, like the Vicenza shipment, on a three week time frame.

Hohenfels still receives and displays its regular seasonal assortment, but a greater variety of merchandise is being shown now than ever before with this additional special system.

If you want it, buy it, because it’s not staying.

After special transfer merchandise has been here for the three weeks, it’s gone to a clearance facility, hopefully just in time for another shipment to fill that space.

The extra effort to supply Hohenfels with these special rotation will continue as long as Hohenfels residents respond to the program.

People are quickly discovering that it is important to visit the PX regularly and be prepared to purchase immediately upon finding something they like.

“All of the positive changes at the Hohenfels PX are due to the hard work of the Hohenfels PX associates and the fantastic support of the Hohenfels military community,” Shinault said.

There are some new promotions on the PX drawing board including shopping cart bingo and fashion shows.

Now that we’re past the back to school rush, Shinault is already blocking in floor space for an impressive amount of Halloween costumes for both adults and children. It’s not too early to make preliminary Halloween party plans. It can start at the Hohenfels PX Halloween Costume Party on Oct. 31.



# What’s Happening

## Grafenwoehr/Vilseck Briefs

### General officers announced

Brig. Gen. Mark A. Bellini, commanding general, U.S. Army Quartermaster Center and School/deputy commanding general, Fort Lee, Fort Lee, Va., to deputy chief of staff, G-4, U.S. Army Europe and Seventh Army, Germany.

Brig. Gen. Purl K. Keen, commanding general, U.S. Army South, Fort Sam Houston, Texas, to director for operations, J3, U.S. European Command, Germany.

Brig. Gen. Dennis E. Rogers, deputy commanding general/chief of staff, U.S. Army Accessions Command, Fort Monroe, Va., to deputy director for Operations, Installation Management Command, Arlington, Va. Brig. Gen. Rogers was previously announced to serve as assistant division commander, 1st Armored Division, U.S. Army Europe and Seventh Army, Germany.

Army Lt. Gen. James D Thurman, for appointment to the grade of lieutenant general and assignment as deputy chief of staff, G-3/5/7, U.S. Army, Washington, D.C. Thurman is currently serving as commanding general, V Corps, U.S. Army Europe and Seventh Army, Germany.

Army Maj. Gen. Kenneth W. Hunzeker, for appointment to the grade of lieutenant general and assignment as the commanding general, V Corps, U.S. Army Europe and Seventh Army, Germany. Hunzeker is currently serving as the commanding general, Civilian Police Assistance Training Team, Multi-National Security Transition Command-Iraq, Operation Iraqi Freedom.

### Health clinic news

In support of the upcoming deployment of the 2SCR and our assumption of the 2SCR active duty sick call mission, the Vilseck Clinic will have a reduced number of clinical appointments through the month of August.

When warranted, the clinic will utilize available TRICARE Preferred Provider Network physicians in Vilseck/Schlicht for Tricare Prime patients suffering acute minor illnesses such as upper respiratory infections, sore throats, ear pain, or flu symptoms.

Non-Tricare Prime members may be seen on a space available basis during August.

The Grafenwoehr Health Clinic will be closed from Aug. 31 through Sept. 3 due to annual facility maintenance and cleaning. The clinic will reopen on Sept. 4 at 6:30 a.m. for Active Duty acute care and at 8 a.m. for routine care. For health emergencies, proceed to Krankenhaus Eschenbach or Klinikum Weiden.

### Cash cage temporarily closed

A/106th FMCo is temporarily closing down the cash cage in Vilseck. It will be closed from Monday through Sept. 16. The cage will re-open Sept. 17 at its new location, Bldg. 244 in Grafenwoehr (2nd floor).

### CFC training held Sept. 18

It is time for CFC to begin again. We will be hosting a special training session for all CFC unit representatives on Sept. 18 at 10 a.m. in Grafenwoehr at Bldg. 244 Room 219. Training will last approximately an hour and a half.

CFC Campaign runs Oct. 1 through Nov. 30. POC is Ms. Christine Nunez, DSN 475-8432, e-mail:

[Christine.nunez@eur.army.mil](mailto:Christine.nunez@eur.army.mil).

### Community displays needed at AAFES/DeCA opening

The Grand Opening celebrations for the new AAFES Exchange and DeCA Commissary in Grafenwoehr are scheduled to begin at 9 a.m. Sept. 26, and will continue through Sept. 30.

As part of this community celebration, we are inviting agencies/organizations to participate in the festivities. For example, we would like to have displays/information tables/demonstrations by organizations such as the Boy Scouts/Girls Scouts, Child Care Center, D.A.R.E., fire department, etc. We would need to know what you would like to display and for how many days, how much space you would need, and if you require any electrical outlets.

Interested groups should contact Christine Justus at [justusc@aafes.com](mailto:justusc@aafes.com) or DSN 475-7707 no later than Aug. 31.

### Sexual assault class cancelled

The Community Sexual Assault Awareness Class scheduled for Monday has been cancelled.

### New DFAC opens Aug. 30

The USAG Grafenwoehr Dining Facility will open to all USAG Grafenwoehr tenant units, Family members and Department of the Army civilians on Aug. 30, 11:30 a.m.-1 p.m., in Bldg. 101. The CSM Lawrence T. Hickey Dining Facility (Camp Normandy DFAC) will no longer service USAG Grafenwoehr tenant units, Family members or Department of the Army civilians as of breakfast on Aug. 30.

Hours of the new DFAC are as follows: breakfast from 7-8:30 a.m., lunch 11:30 a.m.-1 p.m., dinner 4:30-6 p.m., brunch on weekends 10:30 a.m.-1 p.m., and supper on weekends 4:30-6 p.m.

### Kontakt Club choir seeks new female singers

Germany’s only German-American Kontakt Club choir is always looking for new singers.

We are about 25 women, and we sing everything from gospel to musicals, and we have a great time doing it. We would love it if you would come by and visit us Wednesdays at 6:30 p.m. in the Fellowship Hall of the Lutheran church right outside gate one, on Matin Luther Strasse in Grafenwoehr.

We sing for many different occasions on post and in Grafenwoehr. Last year, USAREUR invited us to the Edelweiss Resort in Garmish. If you want to meet new people and like to sing, whether you are young or old, you are just right for us!

Don’t worry, the rehearsals are held in German and English (director is American) and there are no auditions to sing with us. Contact Catherine Winter, director, for more information, at CIV 09156-96269.

### Vilseck library helps ease deployment troubles

The Vilseck library has the tools for parents heading downrange to read and record stories on DVD/VHS. Parents being deployed can leave behind a wonderful memory for their families.

For more information, visit the library or call DSN 476-1740.

### Garrison school update

Student registrations open at all school throughout the summer. Stop by and register your students for the coming school year. Registration is not completed until all documents are turned

in to school.

It is recommended to call the school first to verify open hours, lunch times, and registration requirements. Information also available at each school Web site:

<http://www.graf-es.eu.dodea.edu/>  
<http://www.vils-es.eu.dodea.edu/>  
<http://www.graf-ms.eu.dodea.edu/>  
<http://www.vils-hs.eu.dodea.edu/>

**School contact information:**  
GES: DSN 475-7133  
VES: DSN 476-2812  
GMS: DSN 475-9500  
VHS: DSN 476-2554  
School Transportation: DSN 475-9525  
SLO: DSN 475-1770

**School supplies:** Parents and students may want to pickup a copy of required school supplies available from each school.

**School meals:** CYS Central registration now handles all applications for free and reduced school meals. All applicants must reapply every year.

**Military Family life consultants:** The Department of Defense has contracted to provide professional staff to provide non-medical counseling services to Service members and their Families and children.

The consultants for our community, Anna Jones and Loren Cronk, are here until Friday.

Anna Jones is stationed at Grafenwoehr School Age Services and can be reached at DSN 475-6161 or CIV 09641-83-6161.

Loren Cronk is stationed at Vilseck School Age Services and can be reached at DSN 476-2556 or CIV 09662-83-2556.

The School Liaison Officer is the Garrison POC for this program. You can contact Steve Vojtecky at [steve.vojtecky@us.army.mil](mailto:steve.vojtecky@us.army.mil) for additional information.

**Traffic patterns** around some of the schools will change once school starts. On Monday, Gettysburg will close for the school year and traffic will either go around the North loop or take Lexington. See the map at the bottom of the page.

### Publication help for deploying units available

Are you newly deployed or preparing for deployment? Does your unit need access to the most up to date publications? Deployed and Predeployed publications support is provided by the United States Army Publication Distribution Center Europe. USAPDCE and the Army in Europe Publishing System provide the tools and support necessary to accomplish this task:

- Publication Management training
- Research Center
- Electronic publications and forms
- Requisition publications and forms
- Determine subscription requirements
- Subscribe to publications
- Research status of requisitions
- Track order history
- Create subaccounts
- Manage subscription listing
- Receive updates using Library
- Order quickly using Forms

Maintenance  
Contact the USAPDCE Customer Service Team at: DSN 314-384-6881 / 6882 / 6883 / 6884, FAX 314-384-6894, Web address: <https://aepubs.army.mil>, or by e-mail [customer.service.aepubs@eur.army.mil](mailto:customer.service.aepubs@eur.army.mil).

### OCS slots still open

V Corps is still looking for 14 corps Soldiers who would like to attend Army Officer Candidate School, say corps personnel officials.

As part of an Armywide program of direct selection of OCS candidates, the corps was authorized to select 30 candidates in Fiscal Year 2007. Fourteen of those slots have already been taken.

The program gives Soldiers an opportunity to attend OCS via direct selection, rather than undergoing a board process, officials add. Each interested applicant compiles a packet consisting of items such as personnel records; security clearance information; an official photo and other items. That packet is reviewed by the corps commander and selections are made.

The deadline to apply for the program is Sept. 30. For more information, call the personnel actions branch of the V Corps personnel division at DSN 370-5748 or CIV 06221-575815.

### Attention creditors and debtors of Pfc. Peterson

Lightning Troop regrets to announce the loss of Pfc. Jonathan Peterson. If there are any creditors or debtors that may have questions concerning his affairs call Capt. Morris at DSN 476-5647.

## Hohenfels Briefs

### HCSC needs Wild West Night chairperson

The Hohenfels Community and Spouse’s Club is looking for a Wild West Night chairperson for the 2007-2008 board year! This huge charity event is a night of dancing, auctions, game tables, food and fun! The best part is that all funds raised stay right here helping out your Hohenfels community.

If you’d like to get involved with a dynamic and fun group of people, and plan the most fun event of the year, e-mail us at [HCSCinfo@yahoo.com](mailto:HCSCinfo@yahoo.com).

### Hohenfels Elementary and High School start dates

HES:  
Kindergarten: Sept. 4  
Sure Start: Sept. 4  
Grades 1-6: Aug. 27  
HHS:  
Grades 7-8/Middle School: Aug. 27  
Grades 9-12/High School: Aug. 28  
Grades 7-12: Aug. 29

### Fun Run and health fair held tomorrow at CAC

Health, Safety, and Job Fair with 5km Fun Run tomorrow from 9 a.m.-4 p.m. at the CAC.

Get information from the Safety Office, AAFES, Vet Clinic, ACS, the Education Center, Hohenfels Schools, Self-Help, the Commissary, Banks, CYS, Raytheon, CPAC Chapel, Fire and Emergency Services, MWR facilities and more from the Hohenfels Community! Pets are welcome to participate in the Fun Run and the Vet Clinic will be available outside of the fair for exams and shots.

Kick off the health fair with the 5km Fun Run at 8:30 a.m.! Registration begins at 7:30 a.m. at the Post Gym. For more information, contact Michele Wolff at DSN 466-2783 or [michele.wolff@us.army.mil](mailto:michele.wolff@us.army.mil).

### Speed limits changed

The following speed limits will be observed and strictly enforced within the Hohenfels training area “Box”:

1. Tank trails and in the training area: 25mph/40kmh
2. Entering MOUT and other areas with dismounted troops or troops conducting PT: 10mph/16kmh
3. Speeds should be adjusted to visibility, weather, traffic and the presence of troops.

### CYS holds Kids Club

CYS Kids Club meet every Thursday morning 9:30-11:30 a.m. Pre-toddler to pre-school ages, join us this Thursday at the School Age Services gym. No registration needed to participate! Information-DSN 466-4533

### Family festval set for Sept. 16

Family festival Sept. 16 from 1-5 p.m. at the King-Otto-Cave in St. Coloman near Velburg -especially for our American families- Fascinating program for young and old. From 9 a.m.-5 p.m. our guides invite you to discover a fascinating world of drip stones underneath the earth .

Kids accompanied by their parents join the tour for free.

The following program is waiting for you :

- The magician of the mountain of witches expects you. Performances at 2 p.m. and 5 p.m., if necessary in English
- Children are invited to enjoy a ride on a coach round the cave for free!
- At our flea market for kids you can buy and sell all kinds of things. Every kid taking part at the market gets a drink and French fries for free.
- At our button-machine you can make your own button! - Be creative and paint your own picture at the cave or bring along photos from you and your family, your pet.
- After your visit in the cave a lucky wheel is waiting for you.
- You can win a lot of prizes.
- Food and drinks are served by Mr. Schweiger and his team.

We are looking forward to your visit. For further information call CIV 09182 / 93020 or CIV 09182 / 2459

### Register for ASE certification

Automotive Service Excellence Certification Exams. The Hohenfels Education Center is currently holding

registration for the ASE Certification Exams. The last day to register is Sept. 19. All soldiers in a related MOS can take up to three for free!

For more information contact our test examiner at DSN 466-4040.

### Fall golf classic held Sept. 10

The Golf Classic will be held Sept. 10, at the Schmidmuehlen Golf Course For more information or to register e-mail [bill.craven1@us.army.mil](mailto:bill.craven1@us.army.mil).

### Health clinic announces hours for sports physicals

The health clinic will be holding Saturday clinic hours from 8-11 a.m. Saturday for CYS and high school sports physicals.

Note that this day is specifically for sports physicals and not for yearly school or CDC physicals or for well-baby or children appointments. Call DSN 466-1750 to schedule your appointment.

### PTO announced new board

The following positions were nominated and elected for the 2007-2008 school year.

President – Yvonne Barrieffe  
Vice President – Ms. Larumbe  
Secretary – Lori Smith Starnes  
Treasurer – Wendy Ruiz  
Parliamentarian – Julia DeLass

The Hohenfels PTO mission is to enhance the overall experience for students by connecting the circle of home, school and community.

The Hohenfels PTO is looking to step up to the next level and it is our belief that the team effort of a parent teacher organization offers the best possible learning environment for our children.

We need you! The PTO will only be successful with active parent involvement. Take your time to come to a meeting and share your ideas.

The PTO sponsors a variety of educational and social activities throughout the academic year. All parents, students and teachers are encouraged to participate.

Contact Yvonne Barrieffe, PTO President at [mizzabee06@yahoo.com](mailto:mizzabee06@yahoo.com) or contact the Hohenfels High School at CIV 09472-909608/909698.

### Next civilian fitness program assessment starting Sept. 12

Do you want to get fit and just can’t find the time? Now is your chance to incorporate exercise into your work schedule!

The program includes:  
Civilians and local nationals employed by the Army are encouraged to engage in a regular program of exercise and other positive health habits.

Commanders may approve up to 3 hours excused absence per week to allow employees to exercise.

Time is limited up to six months in duration, and is a one-time deal.

Next open enrollment for the USAG Hohenfels community is Sept. 12 at the fitness center, 9 a.m.-1 p.m.

Enrollment and participant packets are available through the USAG Ansbach Health Promotion and well being coordinator by calling DSN 468-7863 or CIV 0981183863.

E-mail [Karen.a.Lewis@eur.army.mil](mailto:Karen.a.Lewis@eur.army.mil).

### Sure Start program at HES

Hohenfels Elementary School is now accepting applications for the 2007-2008 school year. If you have a child who is four or will be four by Oct. 31, 2007 and you are an E4 or lower in rank, come by the elementary school and fill out an application.

At this time all we need is your LES and the application. Priority will be given to E-1 to E-4 or GS-1 to GS-4. Those with the greatest need using a criteria list will be considered.

E-5/GS-5 to E-9/GS-9 and above may apply and be given consideration by the selection committee only if space is available. For more information, call DSN 466- 2729 or CIV 09472-83-2729.

### Learn about GI Bill online

Have you been thinking ahead on how you plan on using your Montgomery GI Bill benefits? A new feature has been added to the MGIB Web site. You can now find a list of approved programs for education, licensing programs and testing. It is never too late or early to plan for your future. Check out the website at [http://www.gibill.va.gov/GI\\_Bill\\_Info/Search\\_Programs.htm](http://www.gibill.va.gov/GI_Bill_Info/Search_Programs.htm).





# What’s Happening

## Ansbach Briefs

### Services show off in showcase

The USAG Ansbach Showcase takes place Saturday from 10 a.m.-2 p.m. at Hangar 2 in Katterbach.

Organizations and services from across the installation and community will set up booths to show what they can do for those who live and work within USAG Ansbach. The event includes games and activities for children and adults alike.

For more on the showcase, call Sarah Tipple at 4672-064 or 09802-832064/883.

### Register for school now

Students who are new or who weren’t re-registered this spring need to be registered for school now, report DODDS officials.

Schools begin in late August and classes and teaching assignments need to be determined. All 7th-12th graders attend Ansbach High School. Kindergarten and elementary students attend school according to where they live.

Bus stops are also being established now, so don’t forget to register your students for bus transportation.

In order to be eligible to enter kindergarten, a child must be 5-years-old on or before Oct. 31. First graders must be 6-years-old by Oct. 31 or have completed a regular stateside kindergarten program last year.

Sure Start is the DODDS version of the stateside program called Head Start. It starts in mid-September. If E-1s through E-4s want their children who will be 4-years-old by Oct. 31 to be considered for Sure Start, they should fill out the application paperwork as soon as possible.

Pre-school children of E-5s and occasionally E6-E9s may be considered for this program if space is available.

For more information, call the school your students will attend:

Ansbach Middle/High School: CIV 09802-83-2808

Ansbach Elementary School: CIV 09802-83-7657

Illesheim Elementary School: CIV 09841-83-4731

Rainbow Elementary School: CIV 0981-15984.

### School bus passes available

The USAG Ansbach School Bus Office will issue bus passes for Ansbach area schools through Friday.

Bus passes can be picked up Monday-Friday from 8 a.m. to noon and 1-2:30 p.m. at the school bus office in Rainbow Elementary School on Barton Barracks or the Illesheim Elementary School at Storck Barracks.

Children must be registered for school and a request for bus transportation must be filled out prior to a bus pass being issued.

Parents are asked to bring their children so pictures can be taken and put on the bus pass.

For more information, call DSN 468-7874 or CIV 0981-183-874.

### New clinic hours announced

The Katterbach Clinic’s new hours are weekdays from 7:30 a.m. to 4:30 p.m. except for Thursdays when the clinic staff trains in the morning. Operating hours for Thursdays are 12:30-4:30 p.m.

People needing immediate medical attention on Thursday mornings should go to the Ansbach Klinikum. Thursday afternoon appointments are same-day appointments for acutely ill patients only.

The clinic is closed on all federal and training holidays.

Also, the clinic will close all day Friday for a change of command ceremony.

### ACAP update for spouses

Spouses of deployed service members are encouraged to attend a series of Army Career and Alumni Program briefings while their spouse is deployed if the service member is planning to separate from active duty shortly after re-integration.

Spouses should attend the same briefings that the service member would attend if he or she were in garrison, including pre-separation counseling, a job search workshop and a Veterans Administration benefit briefing. Pre-separation counseling is by appointment.

The next VA benefit briefing is Aug.

30 from 8-11 a.m. in the theater on Bismarck Kaserne. The next Job Search Workshop is Sept. 11-12 from 8:30 a.m. to 4:30 p.m. in the Katterbach Dining Facility. Any Soldier within one year of ETS or two years of retirement may attend.

For more information or times and location of the job search workshop, call DSN 467-3312 or CIV 09802-833-312.

### IG support in Schweinfurt

The Inspector General’s office in Wuerzburg is closed and people in the Ansbach community needing IG support should contact the Schweinfurt IG office.

You can call the IG office at DSN 353-8561 or CIV 0162-271-1751, or visit them at Conn Barracks in Bldg. 1 on the second floor.

### Law school opportunity

The Office of The Judge Advocate General is accepting applications for the Army’s Funded Legal Education Program. Under this program, the Army projects sending up to 25 active duty commissioned officers to law school at government expense if funding permits.

Selected officers will attend law school beginning the fall of 2008 and will remain on active duty while attending law school. Interested officers should review Chapter 14, AR 27-1 (The Judge Advocate General’s Funded Legal Education Program) to determine their eligibility.

This program is open to commissioned officers in the rank of second lieutenant through captain. Applicants must have at least two but not more than six years of total active federal service at the time legal training begins.

Eligibility is governed by statute (10 U.S.C. 2004) and is non-waivable. Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test.

Applicants must send their request through command channels, to include the officer’s branch manager at AHRC, with a copy furnished to the Office of The Judge Advocate General, ATTN: DAJA-PT (Ms. Yvonne Caron-10th Floor), 1777 North Kent Street, Rosslyn, VA 22209-2194, to be received before Nov. 1—but legal officials advise sending the submissions in early.

Interested officers from kasernes in Ansbach and Illesheim should contact Capt. John Merriam at the Ansbach Law Center at DSN 467-2476 or CIV 09802-83-2476.

### School lunch applications available at ACS

School lunch applications for the 2007-08 school year are now available. The applications can be picked up at Army Community Service, any USAG Ansbach Department of Defense Dependents school or from the school liaison officer’s information board across from the community mail room boxes in Bldg. 5817.

Once completed, bring the application, along with a copy of the sponsor’s orders, and the most recent leave and earnings statement, to your local ACS office.

For more information, call DSN 467-2883 or CIV 09802-83-2883 in Katterbach, or DSN 467-4555 or CIV 09841-83-4555 in Illesheim.

### Control your checkbook

Army Community Services offers a checkbook management class in Illesheim, Tuesday from 9 to 11 a.m. The course teaches how to balance checkbooks and maintaining accurate records.

For more information, call the Illesheim ACS at DSN 467-4555 or CIV 09841- 83555.

### Earn chance to win prizes by completing MWR Top 10 list

USAG Ansbach Morale, Welfare and Recreation’s Top 10 list is comprised of a selection of events and activities scheduled by various programs within MWR. Each month, MWR officials will highlight the “must do” activities for community members.

The list will include a variety of activities that promise to entertain, educate, challenge or relax people during the deployment timeframe. The events give people the chance to meet new people, take advantage of the local surroundings and culture, as well as pick up a hobby or learn something new.

To make this list more exciting and challenging, MWR officials added a bit of competitiveness to the list. Starting in

September, people who complete at least 50 percent of the activities on the list are eligible to enter a monthly drawing. Prizes will range from free trips to gift certificates and other great prizes.

Copies of the list are available at the Yellow Ribbon rooms on Katterbach Kaserne and Storck Barracks, bowling centers, ACS, fitness centers, arts and crafts, child enrollment, and child development centers.

To receive the Top 10 via e-mail or in your mailbox, just send an e-mail to [ans-mwr@eur.army.mil](mailto:ans-mwr@eur.army.mil).

### PEP helps people get comfortable in Germany

The People Encouraging People program is designed to make people more comfortable in their surroundings here in Ansbach and Germany. The program is offered 8:30 a.m. to 2 p.m. Monday and Tuesday in Katterbach.

PEP is open to all community members—whether they’re new to the community or have been here for a while.For more information, call DSN 468-1550 or CIV 0981-183-1550.

## Bamberg Briefs

### PWOC begins Sept. 5

Protestant Woman of the Chapel will kick off their Fall Program Sept. 5 at the chapel from 9 to 11a.m. Free childcare, food and Bible studies will be provided. The fall ‘07 session offers five different studies to choose from (one in Spanish).

PWOC is a group of women that unite, train, and encourage others in the military chapel community in their spiritual growth. PWOC is open to all women and all denominations. For more information contact Juli Compton at CIV 0951-301-5852 or Becky Encina at CIV 0951-301-6075.

### FRG training every Tuesday

Bamberg ACS is offering Family Readiness Group training every Tuesday from 10:30 to 11:30 a.m. at the Yellow Ribbon Room.

Topics include Phone Tree/Key Caller Training, Money Matters (FRG Fund Management), and Newsletter Writing. Training is on a walk-in basis. An on-site playroom for children is available.

Call in advance for group training. For more information call the YRR at CIV 0951-300-7622.

### Substance abuse training mandatory for DA civilians

Department of the Army civilians (AF and NAF) must complete a minimum of two hours of substance abuse prevention training annually.

Bamberg ASAP is offering courses to fulfill this requirement tomorrow from 1 to 3 p.m. and Sept. 13 from 9 to 11 a.m. For more information call Darlene Copeland at DSN 469-7038.

### Take advantage of the ACAP resume writing lab Monday

Resumes can either open doors or eliminate you from the running. Get the instruction you need to begin writing your resume at the next Bamberg ACAP resume writing lab on Monday from 1 to 3:30 p.m.

Attendees should have already completed a two-day Transitional Assistance Program (DOL/ TAP) workshop prior to the lab. Next month’s resume writing lab will be on Sept. 17. For more information contact Olivia at DSN 469-8925.

### Attend V.A. Benefits briefing

Ask the experts! Attend the next ACAP V.A. Benefits briefing Tuesday from 8 a.m. to noon at the Post Movie Theater. The briefing will explain what programs and services are available through the Department of Veterans Affairs. Open to entire military community. The next V.A Briefings will be held on Nov. 7. For more information contact Olivia at DSN 469-8925.

### Ballet classes start Sept. 3

The Bamberg Performing Arts Club is offering ballet classes starting Sept. 3. Classes are located at the Bamberg Elementary multipurpose room. Cost per month is \$25 plus a one time registration fee of \$15.

Students must be at least 4-years-old or older. Contact Kat Whitbeck at CIV 0951-3014121 or at [BPAC04@googlemail.com](mailto:BPAC04@googlemail.com).

### Passport office closed

Due to a staffing shortage, the Bamberg passport office will be closed now though Sept. 3. After Sept. 3, passport services will be available by appointment only by calling DSN 469-7611. For more information contact the garrison Directorate of Human Resources office at DSN 469-8071.

### Get certified to go fishing

Going fishing? Not without a license! IMCOM-E certified instructors are offering fishing license certification courses at Bamberg Warner Barracks.

For more information contact [Bambergfishing@eur.army.mil](mailto:Bambergfishing@eur.army.mil) or call CIV 0951-300-9010.

### September trips announced

Take a trip this September with Bamberg Outdoor Recreation. See Berlin in a day on Sept. 1. Hit the trail during an Intermediate Mountain Bike trip (33K/four-hour ride) on Sept 8. Take the famous tour under Bamberg on Sept 13 at 5 p.m. Head to Palm Beach for Family day on Sept. 15. Don’t miss the world’s biggest volksfest, Oktoberfest! ODR has two trips available, Sept. 22 and 29.

Trips fill up quickly, so reserve your seat now. Contact the CAC for more information at DSN 469-8659.

### Volunteer to be a 2007 CFC-O unit coordinator

The Combined Federal Campaign-Overseas offers military members and DoD civilians serving far from home the opportunity to contribute to nearly 2000 charitable organizations.

During 2006 campaign, USAG Bamberg raised \$82,442 for charitable organizations! The success of the campaign relies on dedicated volunteers at the unit level. If you would like to “Make a World of Difference” and volunteer to serve as a CFC Unit Coordinator, contact Patrick Longfield at [Patrick.longfield@eur.army.mil](mailto:Patrick.longfield@eur.army.mil) DSN 469-8071 or Ms. Barbara Baeuerlein at DSN 469-8651.

Training will be provided for all campaign volunteers on Sept. 18 at 10 a.m. in the Post Briefing Room, Bldg. 7113. The campaign begins on Oct. 1 and runs through Nov. 30, 2007.

### Catholic musician needed

Bamberg Community Chapel has a contract available for a Catholic musician with a range of \$6,468 to \$8,085.

Anticipated performance period is from September 2007 to August 2008. Interested parties should contact the Bamberg Regional Contracting Office for a copy of the solicitation.

For additional information contact Bamberg RCO at CIV 0951-300-9383, DSN 469-9383 or <http://www.usacce.army.mil/frc/default.htm> ; or call AJ Douglas at the Chapel, at DSN 469-8879.

### NPSP seeks job applicants

Choctaw Management Services Enterprises is seeking candidates for home visitor positions in the Army New Parent Support Program.

Candidates must be either a licensed clinical MSW or a licensed BSN and have a minimum of two years post-graduate experience working with expectant mothers, new parents, child abuse and/or maternal and child health. Openings exist in Bamberg.

Send resumes to [shannon.healton@eur.army.mil](mailto:shannon.healton@eur.army.mil). For more information call CIV 06202-80-6593 or DSN 379-6593.

### Respite care providers needed

Are you a dependable and caring individual motivated by a desire to serve family members with disabilities? If so, then contact the Bamberg Exceptional Family Member Program manager and learn how to become a Respite Care provider.

The training is free and providers can earn \$25 to \$45 per hour per child. For more information please contact the ACS, EFMP manager Sandi Cox at DSN 469-7777 or CIV 0951-300-7777.

### Don’t miss commissary case lot sale Sept. 14-15

Stock up and save at the Bamberg Commissary fall Case Lot sales event on Sept. 14 and Sept. 15.

Product lists will be available at each cash register prior to the event. The event will take place during regular business hours.

## Schweinfurt Briefs

### CYS hosts kindergarten readiness camp Monday

Do you have a child entering kindergarten this fall? USAG Schweinfurt Child and Youth Services offers Kindergarten Readiness Camp at Askren Manor’s School Age Services building Monday –Aug. 29 from 9 a.m. to 11 a.m.

Camp is free for all registered with Child and Youth Services. Camp is designed to ease the transition for both parents and children. For more information, call DSN 354-6090 or CIV 09721-96-6090.

### PWOC kickoff set for Sept. 5

Protestant Women of theChapel kick off the fall with their first meeting at Ledward Chapel Sept. 5 at 9 a.m.

Free childcare is available. In the case of a memorial service, meeting date will be moved to Thursday. Come meet some new friends, learn about God, and get acquainted with what PWOC is all about.

Various Bible studies begin Sept. 12. For more information, call Christina at CIV 09721-476-3042 or e-mail [sandrawilson02@yahoo.com](mailto:sandrawilson02@yahoo.com).

### MWR offers free rides

Morale, Welfare, and Recreation offers family friendly trips with free transportation to: Dachau, Germany Saturday; Poland on Sept. 1; Strasbourg, France on Sept. 8; Europa Park on Sept. 15; and Oktoberfest on Sept. 22 and 29.

For more information or to sign up, call DSN 350-6305.

### SCSC membership drive held this Friday

The Schweinfurt Community Spouses’ Club will hold a membership drive Friday from 5 to 7 p.m. at Josef-Reuss-Strasse #5 in Schweinfurt.

Join them for fun and food at this end of summer Luau. For more information, contact [scscmail@googlemail.com](mailto:scscmail@googlemail.com).

### Monday first day of school

All Wuerzburg High School students will begin classes Monday this year due to the small class sizes. Previous reports of a later start day for upper classmen have been amended.

### Bulk trash pick up date set

The next bulk trash pick up for Askren Manor, Yorktown Village and leased housing only will be on Tuesday.

All residents must ensure that bulk trash items are placed outside by their trash collection point prior to 7 a.m. on Tuesday. Do not put items out earlier than Monday. Bulk trash is large items that normally do not fit into regular trash containers.

Any questions call the SORT Coordinator: Brad Posey at DSN 354-6201 or CIV 0162-2709403.

### Voice your opinion

Join the garrison commander and representatives of the PX and Commissary in the garrison conference room, Bldg. 206 on Tuesday at 10 a.m. for an open forum to discuss quality of services and needs of the community. Forum is open to the community.

### ACS offers German classes

Army Community Services (ACS) offers beginning German free of charge on Mon., Weds., and Fri. starting Aug. 27. Learn the German language in the classroom. Class runs from 11:30 a.m. to 1:30 p.m. Call ACS to sign up 354-6933 or 09721-96-6751.

### USO tours this month

Join USO on day trips or overnight tours. USO travels to Holiday Park on Saturday, or spend three overnights in St. Petersburg or the Pearls of Tuscany from Aug. 31 to Sept. 3. Call for prices and more details: DSN 354-6711 or CIV 09721-96-6711.

### IG office moves from Wuerzburg to Schweinfurt

The Inspector General’s office has moved from Wuerzburg, and is now located on Conn Barracks in Bldg. 30, room 105. Hours of operation are Monday through Friday from 7:30 a.m. to 4:30 p.m., closed for lunch from noon to 1 p.m. Contact the IG office at DSN 353-8561.





Courtesy photo

The St. Peter Basilica and square are designed to impress with their size, and also hold large numbers of people, such as the two million mourners the St. Peter’s Square saw for the funeral of Pope John Paul II.

Michelangelo’s Pieta is considered one of his best pieces. He was only 23 at the time of its completion.

Photo by Bilyana Atova



Photo by Bilyana Atova

The Vatican Museums hold many treasures, including the largest collection of ancient sculptures in the world.



The Swiss Guards have been the pope’s body guards since 1506. There are stringent requirements to become part of this elite group.

Photo by Bilyana Atova

# Make the pilgrimage to *Vatican City*

by BILYANA ATOVA  
Staff writer

It is unbelievable how much the 108 acres of land that the Vatican City occupies has to offer. For religious people, the Holy City is one of the most sacred places in the world, the “Mecca” for the Catholics.

For tourists, the Vatican is the place where one can see the biggest church in the world.

For art lovers, the Vatican museums are simply a must alongside other museums such as the Louvre in Paris, the Hermitage in Saint Petersburg, and the Metropolitan in New York City.

Whatever reason you have for visiting, the uniqueness of this place will surely captivate you.

The **Vatican City** itself is the smallest independent state in the world which was founded with the Lateran Pacts in 1929. It is governed as an absolute monarchy, where the head of the state is the pope who holds full legislative, executive, and judicial powers.

As with every state, the Vatican City has its own post office, newspaper, radio station, fire brigade, commissary, electrical generating plant, and a bank.

It is the only place in the world where the ATM machine has Latin as a language option. Just imagine how unusual an experience it is to try to get money while the ATM is instructing you in Latin.

Do not forget to stop by the post office and get your card mailed from there, with a Vatican stamp on it!

The State also maintains two security corps, the famous Swiss Guards and police.

The Swiss Guards are considered to be the smallest and oldest regular army in the world. Brought to Rome by Pope Julius II in 1506, their current number is a little over 100 men, and they serve as the personal bodyguards to the pope.

To become a part of the prestigious Swiss guards, one must meet stringent requirements such as being Catholic, unmarried, have Swiss citizenship, have completed basic training for the Swiss military, be between ages of 19 and 30, and be at least 174 cm tall.

The Swiss Guards still wear their original outfits and are a big attraction for the crowds of tourists, for whom a picture next to a Swiss Guard is as almost important as one in front of the Coliseum.

Finding the Vatican City is simple, just look for the massive dome of St. Peter Basilica that dominates the Roman skyline.

Via della Conciliazione is the main boulevard where the St. Peter Basilica and the square in front of it can be reached.

Once you are there standing in the square, it is difficult to comprehend the size of these two sights. The square is vast; the basilica is enormous. They both serve their purpose perfectly, which is to impress.

**St. Peter’s Square** (Piazza di San Pietro) was designed by Bernini and built between 1656 and 1667. In the center of the square is an 83.6 ft. tall obelisk that dates back to the 13th century B.C., originally from Egypt, and was moved to Rome in 37A.D. to stand in the Circus Nero 250 meters (820 ft.) away.

There are also two fountains in the square, one designed by Maderno and the other by Bernini.

The square is able to accommodate thousands of people who gather together at times of celebration such as Christmas, Easter, or the election of a new pope. For the funeral of Pope John Paul II, two million people filled the square.

The basilica itself is not much smaller than the square. Considered to be the largest church in the world, **Saint Peter’s Basilica** (Basilica di San Pietro) has a capacity of over 60,000 people.

Its size is impressive and almost impossible to believe. It is 193 meters long with a height of 45 meters, almost the height of 15 story building.

To enter into the church, remember to dress appropriately; shorts, miniskirts, and tank tops are not permitted. This rule applies to other churches in Italy as well but in difference to them, at Saint Peter’s they do not have scarves to offer for the tourists. It is a good idea to carry a pair of pants in your backpack.

Today’s basilica was constructed in the place of the old Constantinian basilica and took more than 150 years to be completed. Great Renaissance masters such as Bramante, Michelangelo, and Maderno worked on completing it.

According to the Catholic Church, the tomb of St. Peter is located under the basilica.

The dome, which is over 119m high, is often called “a majestic architectural masterpiece” and was designed by Michelangelo.

If you are adventurous enough to climb the massive amount of stairs that lead to the top of the dome, the view of Rome from there is breathtaking.

Another one of Michelangelo’s masterpieces inside St. Peter’s is his **Pieta** that is located to the right of the entrance. It is considered one of his best pieces that he completed in a year at the age of 23.

The statue was sculpted from a single block of marble and is the only signed work by the artist.

There are many theories related to the Pieta, such as why the Madonna’s face looks so young or others related to the

size of the Madonna compared to that of Jesus.

We will probably never know Michelangelo’s decision to sculpt the statue this way, but one thing is certain: the attention to detail is unbelievable and the beauty of the statue is clearly visible.

After an incident in 1972 when an individual damaged the Pieta with an axe, the sculpture was placed behind protective glass.

The Pieta is one of the two reasons that make visiting the Vatican worthwhile; the other reason being Michelangelo’s Sistine Chapel.

The **Sistine Chapel** is a part of the Vatican Museums, and is where Michelangelo’s well-known frescoes, representing nine scenes from the Creation and the Last Judgment, are located.

When actually standing under this stunning ceiling, two things appear clearly: the first is that photographs of the frescoes are not even close to the beauty of the original paintings and the second that there is a concrete reason why the Sistine Chapel is considered the most famous work of art in the world.

Michelangelo, who thought of himself as a sculptor rather than a painter, was forced to accept the task of painting the fresco by Pope Julius II in 1508.

For him, painting a fresco was a completely new technique, a technique that does not allow corrections to be made.

When they restored the fresco in the 1990s, it was discovered that Michelangelo painted directly on the surface without under-drawings or cartoons, something painters admit is very rarely done.

The Sistine Chapel is where the election for a new pope takes place, known as the Conclave. Until recently, the cardinals were locked inside the chapel until such time a new pope was elected.

The Vatican Museums offer much more than the Sistine Chapel and one visit is never enough to appreciate museums that are so rich in art and history. It takes hours just to see a couple of the highlights, not to mention the several hours it takes just to get inside.

After all, the Vatican Museums have the largest collection of ancient sculptures in the world, as well as important masterpieces by Raphael, Giotto, Leonardo, and Caravaggio.

Another worthwhile place to stop by is the Egyptian museum which displays objects, sculptures, and mummies dating back thousands of years B.C.

Today a UNESCO heritage site, The Holy City is not just a spiritual place, but also a place intense with history and culture.

No other place as small as the Vatican has had such a large influence through out the world for such a long period of time.



# Illesheimers party, learn about community services

Story and photo by  
**RONALD H. TOLAND JR.**  
*Bavarian News*

Storck Barracks in Illesheim hosted its ninth-annual block party Aug. 11 inside and around the Longbow Lounge.

The block party offered activities and information for adults and children alike, and gave members of the community a chance to have fun, bond, and learn about USAG Ansbach community services, said Yvonne Schlangen, block party chairperson who has lived in Illesheim for more than 15 years.

“I want to let other community members know what I know: how wonderful a community we have here and what we have to offer even if we are small. It takes a lot of friends, manpower and great volunteers to help organize such an event.”

For children, the Illesheim Area Support Team offered an inflatable obstacle course, balloon pop and play-dough from the Girl Scouts, coloring tables provided by Army Community Service and fan-making crafts hosted by the child development center.

For adults, the commissary, post exchange, environmental management, education center, Illesheim Spouses and Civilians Club, Veteran’s of Foreign Wars and other community agencies, organizations, groups and clubs sent representatives and information to share with community members.

“Education coupled with fun,” is how Kevin Smith, Illesheim Area Support Team manager described the event. “Here in Illesheim, we call it the block party, but the main goal is



**Holly and Robert Meraz, 3-159th Aviation Regiment, play the “Guess the Raw Spice or Herb” game with Illesheim Commissary Manager Marie-Louise Glaser, at the Illesheim Block Party, Aug. 11.**

education—to ensure our community learns what we have to offer within the garrison. The expectation leans exactly on that and for folks to come out and have fun. The event has

definitely evolved over the years and we have it now down to a science.”

Schlangen agreed, adding that what is most important to her is, “Seeing everyone come out

and enjoy themselves—the kids having a good time and the people seeing what we have to offer in the community, even under the current deployment circumstances.

“It brings people out of the house to see what we have to offer and to take advantage of it,” she added. “Rather than them having to go to the bigger communities, we want to come to them and keep everything within our small community. I was here for the original one [block party], have seen it grow and more participation—so that is really nice.”

Despite weather worries, newcomer Cpl. William Adams of the 412th Aviation Support Battalion, who has only been here since March, came out with his family, “to do something on Saturday,” said his wife, Tess.

“And to get her to meet some new people as well—some people she has not met yet; she has only been here a week,” the corporal added.

“We are absolutely learning a lot of what the community has to offer—we signed the girls up for Girl Scouts as well,” Adams said. “We have yet to find something for us to sign up for, but we still have some time to look around.”

With pretty much the same goals as the block party, the Katterbach area hosts its USAG Ansbach Showcase Saturday from 10 a.m.-2 p.m. at Hangar 2.

Organizations and services from across the installation and community will set up booths to show what they can do for those who live and work within USAG Ansbach.

The event includes games and activities for children and adults alike.

For more on the showcase, call Sarah Tipple at DSN 467-2064 or CIV 09802-832064/883.

# After RIP process, 12th CAB takes over duties in Iraq

Story and photo by  
**SGT. BRANDON LITTLE**  
*12th Combat Aviation Brigade Public Affairs*

The 12th Combat Aviation Brigade officially took over the 36th CAB’s role in Iraq follow a Transition of Authority ceremony at Logistics Support Area Anaconda Aug. 10.

In order to make the Global War on Terrorism a success, all deploying units and their personnel must be properly trained.

This training allows units to smoothly and quickly assume command after reaching a combat zone.

The 12th Combat Aviation Brigade prepared to deploy months before they even set foot in a combat zone by conducting numerous field exercises and qualification ranges.

The final steps in their training came with the experts in theater who have been doing the job for the past year.

According to 12th CAB Soldiers and commanders, Soldiers from the redeploying 36th CAB provided plenty of useful information based off of their knowledge and experience gained during their tour in this relief in place

process.

The 36th CAB is one of many National Guard units activated and deployed in support of Operation Iraqi Freedom.

“I loved working with the 36th CAB,” said Sgt. 1st Class Billy Maloney, a maintenance NCO in D Co. 2-159th Aviation Regiment. “They set a high standard with their superior work ethic.”

The relief in place process is comprised of a technique known as “right-seat ride, left-seat drive.” This means the leaving unit shows their replacements exactly how they have been operating, and then they gradually allow the incoming unit to take the lead and while they become observers.

“Their knowledge was way up there because a lot of them are experienced civilian pilots,” said Chief Warrant Officer 2 Stanley Redmond, a maintenance test pilot in A Co. 2-159th Aviation Regiment. “They had a few pilots with more (flight) hours than our battalion had put together.”

“We got to watch them do some pretty heroic stuff,” Maloney said. “They really sacrificed themselves for the mission, so this was a pretty

easy handover.”

Working with another unit’s pilots and aircraft has been a great experience, said Pfc. Phillip McHale, an armament repairman from B Co. 412th Aviation Support Battalion.

These seasoned veterans were also greatly rewarded for their accomplishment and sacrifices for freedom.

Some of the awards presented to Soldiers from the 36th CAB include: two Distinguished Service Crosses, one Silver Star and 19 Distinguish Flying Crosses.

“It’s incredible,” Redmond said. “They were the most professional unit I’ve worked with outside of the 12th CAB.”

**Sgt. 1st Class Billy Maloney and Pfc. Charles Clark repair an AH-64D Apache helicopter downrange. Soldiers from the 12th Combat Aviation Brigade recently relieved the 36th Combat Aviation Brigade in Iraq.**



## Garrison Spotlight



**Curtis L. Smith**, Occupational Health and Safety, USAG Ansbach Safety Office is in this issue’s spotlight. Smith provides outstanding and tremendous service and assistance to the community, as evidenced by the numerous positive Interactive Customer Evaluation submissions and comments received by Lt. Col. Tammy McKenna, garrison commander, mentioning his great customer service. One area highlighted was his work with the 12th Combat Aviation Brigade Operations Center. He played a major role in getting the unit’s Soldiers scheduled for the Army Traffic Training Program. He also assisted instructors in teaching the Intermediate Driver Course of the Army Traffic Safety Training Program.

In his work with Occupational Health and Safety customer service, Smith provides customers with OHS regulations, ensures people understand the safety regulations and shows people the correct procedures to take to eliminate problems.

Smith believes the reason he and everyone else within the garrison has jobs is to “take care of Soldiers, Family members, and civilians in this great community.” He said his work philosophy is, “Duty first, safety always.”

## Good Samaritans reunite 10-year-old with life savings

by **RONALD H. TOLAND JR.**  
*Bavarian News*

Honesty and integrity are alive and well at USAG Ansbach.

Just ask 10-year-old Garhett Grunde who lost his wallet with his life savings of \$340 Aug. 3 while playing around post, and having lunch and shopping at the Katterbach Commissary with his mother, Spc. Sabrina Grunde of Headquarters and Headquarters Company, 12th Combat Aviation Brigade.

Wearing a pair of gray, baggy, open-pocketed pants, Garhett and his buddies were all over post: post office, video room, the park, Burger King, and the commissary.

“He had been all over post before realizing it was missing,” said his mom. When he discovered the wallet was missing, he returned to his mother’s office to ask if she had seen it.

At that point, the search was on with his father, Bryan, retracing his son’s steps all over Katterbach.

“He back-tracked his steps with my husband trying to remember where he was, what he was doing, looking in all the places where he was

at to remember where it might be,” she said. “They were searching all afternoon—for a couple of hours at least.”

After searching vain, it became apparent that reuniting Garhett and his life savings—\$140 in cash and \$200 on a pre-paid automatic teller machine card—wasn’t going to be easy.

“I was pretty scared and kind of upset—afraid I was not going to find it,” Garhett said about losing the wallet.

But honesty and integrity saved the day, after one torturous weekend for Garhett, in the form of a still unknown Good Samaritan and commissary employee Chris Lammers.

Lammers, commissary freezer department worker, didn’t find the wallet, but received it from an unidentified gentleman who said he found it walking down the sidewalk by the front parking lot.

Lammers said his first instinct and action was to “turn it in to our secretary, Shelia Stewart, since the cash cage was closed—we then went through the wallet finding Garhett’s ATM card and money, and she made



# Barber’s service a hair short of half a century

Story and photo by AMY L. BUGALA  
*Bavarian News*

If you are a male Soldier or civilian looking for a barber with years of experience, stop by the Bamberg Warner Barracks AAFES barber shop, (next to the flower shop) and you will probably find one.

Aug. 1, 2007 marked a milestone in the career of Helmut Neuner, a 64 year-old barber who has been cutting hair for 50 years, 47 of which where at the same Army and Air Force Exchange Service shop in Bamberg.

If you were stationed here at Warner Barracks any time between 1960 and today, there is a good chance your hair was cut by Neuner.

“I was 14 years old when I began my barber’s training. After three years of school I received my license and needed a job. A friend told me about the job here at the barracks,” recalls Neuner. “I started working for AAFES in August 1960,” he says.

When it comes to discussing his work, his response is exactly what you expect from your military barber - short and to the point.

“I love my job,” he says with a smile. “This is like my second home,” he adds looking from one corner of the shop to the other.

The barber shop walls tell the story of his years of service, with scrolls of appreciation, certificates of achievement and a display of military coins blanketing the space just behind the cash register, although the best stories come from Neuner himself.

He recounts a weekend about 15 years ago when he cut an entire battalion of Soldiers’ hair at the request of a sergeant major, 166 Soldiers in all.

He proudly remembers a particularly busy day when he buzzed though 110 customers, in nine hours, and of course the day a three-star

general sat in his chair. He says he hasn’t slowed down, and claims the average customer requires only about five to seven minutes of time.

He is quick to point out while military hair cuts have not changed much, the price has comparatively. A haircut was thirty-five cents when he began his trade and now cost \$8.75.

A scroll of appreciation was presented to Neuner on his anniversary from long time customer Brigadier General James Boozer, Assistant Division Commander, Maneuver, 1st Armored Division.

“It’s a remarkable achievement,” remarked Boozer who remembers Neuner when he was stationed here with the 3rd Infantry Division in the mid 90’s. “I was a major then and a little less gray,” joked Boozer. Neuner remembered the General as well, and was quick to add, “It was when we were both a little less gray.”

Stan McGhee, General Manager, AAFES Wuerzburg and Petra Schneider, AAFES Business Manager also presented the concessionaire with a certificate of appreciation recognizing him for his years of outstanding dedication to duty and commitment to providing exceptional customer service to the Bamberg community.

Neuner is eligible for retirement this December, ending his service just shy of a decade, but says for now he isn’t making any plans.

“I am happy if I make the 50 years, but your life is one time, we don’t have two lives, so I will wait and see.”

If you haven’t had the opportunity to be a customer of Helmut Neuner’s, stop by the AAFES barber shop, next to the flower shop and you’ll be guaranteed a hair cut backed by fifty years of experience, and if you ask, maybe a good story too.



Helmut Neuner cuts Brig. Gen. James Boozer's hair at the AAFES Barber Shop at Warner Barracks, Bamberg.

## BRIEFS

### Give blood at Red Cross blood drive tomorrow

Help our German neighbors at the German-American Red Cross blood drive tomorrow at the Basics Bldg. 7110 from 11 a.m. to 5 p.m. All military and civilians are encouraged to give. Donors must have returned from deployments from Afghanistan, Iraq, or Kuwait before February 2007 and have not received any vaccinations for the past six weeks. Call the Bamberg American Red Cross office at DSN 469-1760 with any questions.

### BSCC open house Tuesday

The Bamberg Spouses’ and Civilians’ Club invites you to an open house Tuesday from 10 a.m. to 2 p.m. at 53 Beechway Street, Warner Barracks. Stop by to register as a 07/08 member, meet new people and enjoy some appetizers and punch. Check out [www.bsccgermany.com](http://www.bsccgermany.com) for more information about the BSCC.

### Cub Scout recruitment roundup to be held Aug. 30

Bamberg Cub Scout Pack 48 will host a Recruitment Roundup open house Aug. 30 at 6 p.m. First through fifth grade boys and their parents are invited to come learn about Scouts, meet the Den leaders and sign up. The open house will be at the Scout Hut, Bldg. 7480, across from the soccer field behind Ray’s Diner. For more information, call CIV 0951-208-8926.

### Attend NCO induction ceremony Aug. 30

The 38th Personnel Services Battalion invites you to attend a Noncommissioned Officer Induction ceremony Aug. 30 at 1 p.m. at the Bamberg Theater. Thirty-six newly promoted NCO’s will be inducted into the NCO Corps during the ceremony.

### CYS hosts Kinderfest Sept. 8

Bamberg CYS invites all children, youth and parents to the annual YS Kinderfest on Sept. 8 from noon to 3 p.m. at the Bamberg School Age Services Bldg. 7669. No pre-registration required. Event is free. See Tae Kwon Do demo, K-9 demo, face painting, arts and crafts, and relay races. Lunch will be served at 1 p.m. This event is held in cooperation with the Boys and Girls Clubs of America. For more information contact Patrice Turner-Lapp at DSN 469-8698.

### Women’s Equality Day display at library

Women’s Equality Day commemorates the tremendous positive change brought about by the Women’s Rights Movement. On Aug. 26, 1920 the ratification of the 19th Amendment to the U.S. Constitution granted women the right to vote. Stop by the Bamberg Community Library Aug. 27 – 31 to learn more about the Women’s Suffrage Movement. For more information contact Sgt. 1st Class Freeman at DSN 469-8624.

## USPS Priority boxes not for MPS packages

*Bamberg Army Post Office Release*

With the high volume of packages being mailed downrange, the Bamberg APO would like to remind patrons that the U.S. Postal Service, or USPS Priority Boxes, either in the APO lobby or ordered through USPS on-line, must have postage applied in order to be used.

They may not be used to mail MPS to APO numbers either in theater or down range. When ordering online, you must agree to affix the appropriate priority postage when using the boxes. This is the only way that the USPS can recoup the cost of the production of the boxes.

Recently many postal customers have discovered the Military Care Package Kit on the USPS Web site. These supplies include the priority boxes but are meant for use by stateside customers. The Web site page specifically states “Note: *These are free supplies, postage must be affixed*”.

If customers bring a priority box to the APO for mailing they will either have to pay the local priority rate on postage or repack their parcels in a normal cardboard box. It is against postal regulations to attempt to cover priority boxes with paper in order to mail them MPS. This is defrauding the USPS which is a federal crime.

It is a good idea to verify the delivery and

condition of packages mailed downrange with your spouse. If anyone receives a non-insured parcel with missing contents or one that may have been rifled through, the incident needs to be reported to the United States Postal Service as well as the local APO.

The reporting of such incidents has become much easier since the USPS recently replaced paper Form 1510, which had been in use since 1893, with a new online and phone reporting system. Customers who wish to report such incidents can now call CIV 800-275-8777 (not toll-free in Europe) or go to the Postal Inspection Services Web site at [www.usps.com/postalinspectors](http://www.usps.com/postalinspectors), which allows you to report numerous incidents, including mail not received, items that are missing, or tampered or vandalized mail, as well as false changes of address and mail box vandalism.

It is very important for customers to report loss or suspected rifling of items from their parcels. This is the only way the USPS can track incidents and initiate investigations, if warranted. Customers should supply the Bamberg APO with a courtesy copy of the reports. It is suggested that you print out the form for your records before sending it electronically.

For questions, comments or concerns, contact the Bamberg APO at DSN 469-8820.



Photo by Krista Browning

A postal customer properly prepares an MPS package for shipping. The USPS Priority boxes on display in the back are for Priority packages only.



Courtesy photo

## Renovations underway at youth facility

A new laminated wood truss is placed next to the older truss system as part of a major renovation of the U.S. Army Garrison Bamberg Youth Services Gym at Warner Barracks. The roof system is being replaced due to age and new building codes. The entire facility will be gutted and re-designed to include a new basketball court, climbing wall, youth aerobic/weight area and teen center annex. Construction is expected to be completed before 2008.



# Nine fallen Soldiers honored by community

by **MARK HEETER**  
*Bavarian News*

*The Dagger Brigade Combat Team and Schweinfurt military community gathered this past month to honor seven Soldiers who had recently been killed in Iraq. The 1st Squadron, 91st Cavalry 173rd Airborne Brigade Combat Team, and the Schweinfurt military community also honored two Soldiers killed in Afghanistan. Sgt. 1st Class Raymond R. Buchan, 33, and Staff Sgt. Michael L. Ruoff Jr., 31, both Task Force Steel Soldiers, died July 1 in Ta'meem, Iraq, of wounds sustained from enemy small arms fire, and were honored on July 19.*

*A memorial service was held in the Ledward Chapel on July 25 to honor 1st Sgt. Jeffrey Ray McKinney, who died of a gunshot wound in Baghdad, Iraq, July 11.*

*Four fallen Soldiers of Blue Spaders of the 1st Battalion, 26th Infantry Regiment were honored on Aug. 1. Sgt. 1st Class Luis E. Gutierrez-Rosales, 38, Spc. Zachary R. Clouser, 19, Spc. Richard Gilmore III, 22, and Spc. Daniel E. Gomez, 21, died July 18 in Adhamiyah, Iraq, of wounds sustained when their vehicle was attacked by enemy forces using an improvised explosive device and small arms fire.*

*Maj. Thomas G. Bostick Jr., 37, and Staff Sgt. William Ryan Fritsche, 23, died July 27 near Kamu, Afghanistan, of injuries sustained when their unit came in contact with enemy forces using small arms fire during combat operations. They were honored in a ceremony Aug. 8.*

## ‘The epitome of a Soldier’

Sgt. 1st Class Raymond R. Buchan was assigned to Company B, 1st Battalion, 18th Infantry Regiment, and was on his second deployment with Operation Iraqi Freedom.

Reading the remarks that Sgt. 1st Class Curtis Woolsey gave at an earlier memorial service in Ramadi, Iraq, Staff Sgt. Aaron Torphy recalled Buchan as a highly motivated Soldier.

“He was truly the epitome of a Soldier for all of us to emulate,”

Woolsey said. “Sgt. 1st Class Buchan loved being an infantryman.”

In remarks relayed by Staff Sgt. Stephen Gowin, 1st Lt. Scott Smith, 1st Battalion, 18th Infantry, said he drew strength from Buchan during difficult times in Iraq.

“I could see the determination in his face as he fought through the fog and the friction of war,” Smith said.

“It was in that moment when you thought you would waver,” Smith said, that Buchan would be seen coming or heard on the radio with his confidence and determination.

“Ray was a great man, and I’m a better man just for having known him,” he said.

He was posthumously awarded the Bronze Star and Purple Heart Medals, and had previously been awarded the Bronze Star Medal for previous actions.

Buchan, who had been in Schweinfurt since November 2001, is survived by his wife Laura, and two sons, Hayden and Andy.

## ‘A warrior’

Staff Sgt. Michael L. Ruoff Jr., a member of Headquarters and Headquarters Company, 1st Battalion, 77th Armor Regiment and also on his second deployment, was remembered as intensely proud of being chosen to lead the personnel security detail for the task force leadership, having jumped into the job during the mission rehearsal exercise prior to deployment.

“He never wasted a minute or an opportunity to train,” said Staff Sgt. Michael Curtis, as he read the previously delivered remarks of Staff Sgt. Joshua Tiffany. “He had a reason why we were training.”

“Mike was a warrior. He left us as a warrior and happier,” he said, while describing Ruoff as a special member of a group called the Pipe Hitters Union.

“They are the people you can always count on in a tough situation,” he said, calling his comrade “Ranger Ruoff.”

Their battalion and task force commander, Lt. Col. Miciotto Johnson, called himself a better commander and a better leader for having served with the two fallen Soldiers.

“They epitomized the Warrior Ethos and all that the Army stands for, Johnson said, in

remarks delivered by Capt. Thomas McMurtrie.

“He was a clear and decisive leader who led from the front at all times,” Johnson said of Buchan, while recognizing Ruoff as a member of his own security detail. “I never worry because I know I’m protected by the best Soldiers,” he said.

He was posthumously awarded the Bronze Star and Purple Heart Medals, and had previously been awarded the Bronze Star Medal for previous actions, according to the bulletin distributed at the memorial service.

Ruoff, a member of the Dagger Brigade since 2002, is survived by his wife Tracy, daughters, Danielle and Grace, and his parents, Mike and Vicki Ruoff.

## ‘A role-model’

1st Sgt. Jeffrey Ray McKinney, 40, was the senior noncommissioned officer in Company A, 1st Battalion, 26th Infantry Regiment, and was on his second deployment to Operation Iraqi Freedom at the time of his death.

“How can words describe a man’s life and how he has affected so many people’s lives,” asked 1st Sgt. Kevin Floyd, in remarks conveyed at the chapel service by Staff Sgt. Lamont Baeringer.

Floyd, who met McKinney when they were both staff sergeants at the Joint Readiness Training Center, Fort Polk, La., identified Soldiers’ favorite two pastimes for the cadre at the JRTC: drinking and fishing.

“We did a lot of both,” he said. The old friends were re-united in Schweinfurt in 2003, when Floyd helped McKinney get assigned to the Blue Spaders.

“Jeff and I shared many of the same ideas about both Army and family,” Floyd said, recalling how the two fought together in their first OIF rotation.

“I watched him take it to the enemy on a daily basis,” he said, noting that his old friend was one of the first people to come and visit him when he lost four Soldiers to a vehicle-borne improvised exploding device.

“Those who really knew Jeff know how generous he could be,” Floyd said.

“I will never forget how he touched my life,” he added. “He was always there, through the best of times and the worst of times.”

Capt. Jesse Greaves, who shared the company leadership positions with McKinney, called him “well-loved and well-respected,” in a eulogy read at the service by Capt. Jacob White.

“The relationship between a commander and first sergeant is often the closest and most difficult to develop, Greaves said.

“No matter what, 1st Sgt. McKinney was a role model,” he said. “The world is a better place because of his dedication and sacrifice.”

McKinney is survived by his wife, Christina; his sons, Jeremy and James; his mother, Kay Watson; and his father, Charles McKinney.

## ‘Best friend and brother’

Sgt. 1st Class Luis E. Gutierrez-Rosales, “Gut” as he was called, enlisted in 1991 and served with the Blue Spaders in their first deployment to Operation Iraqi Freedom from 2004 to 2005.

“We are better men and Soldiers because of our time spent with him,” said Staff Sgt. Lamont Baeringer, as he read the eulogy that Sgt. 1st Class Herbert Gill gave at an earlier memorial ceremony in Iraq. Gill told the troops who Gut’s two biggest heroes were.

“One was God. And the other – his biggest hero – was you, the men and women sitting to your left and right, Soldiers serving to protect and rebuild Iraq,” Gill said.

Calling Gut the “best friend and brother any man could ever hope to know in his life time,” Gill said that his fallen comrade would do anything it would take to help, even take a patrol so another Soldier could get some rest.

In remarks presented here by Capt. Jacob White, Lt. Col. John Reynolds, 1-26 IN commander, recalled the first conversation he had with Gutierrez-Rosales, less than two days following the death of 1st Sgt. Jeffrey McKinney.

“Sir, I know this is a tough way to take command, but I want to let you know that all will be okay. We will get through this as a team.

We will get through this together,” Reynolds said, quoting Gut.

Gutierrez-Rosales is survived by his daughter, Amber; his mother, Maria Rosales; and his sisters, Sandra and Noemi Rosales.

## ‘Not just a Soldier’

Spc. Zachary R. Clouser deployed with the Blue Spaders on his nineteenth birthday, Aug. 6, 2006, having joined the unit earlier that year.

“We were like peas in a pod,” said Sgt. David Rangel, reading the tribute from Pfc. Martin, who was battle buddies with Clouser all the way through, until Clouser left dismount to become Gutierrez-Rosales’ driver. Martin, who linked up with Clouser during their pre-deployment Hohenfels rotation, recalled that they remained close friends back in Germany and “kicking it” once they

**Clouser**

looked forward to returned from Iraq.

“Zach was not just a buddy, not just a Soldier; he was my best friend, and I gave him all my trust,” Martin said, calling on his fallen brother to drink up a few Coronas for him until they meet again.

Clouser is survived by his mother, Debra Etheridge; his father, Kevin Clouser; and his sister, Megan Oyler.

## ‘Loving father’

Spc. Richard Gilmore III, a native of Alabama, became close friends with Spc. Antonio Teal, who noted that they were “both southern boys that easily became very good friends.”

“Richard loved his two kids so much, he was always saying how his little boy is going to grow up and be just like him, and how he and his little boy were the ones that would keep the men away from his little girl,” Teal said, his eulogy being presented here by Spc. Steve Gutierrez.

“He wanted me to get to know his family just like I wanted him to get to know mine,” Teal said, recalling nights of partying and something that Gilmore loved as well – his Chevy Tahoe.

“Richard would always brag about how he was going to make his truck the baddest thing around,” he said.

Gilmore is survived by his wife, Jimmie; his son, Malakiah; his parents, Richard and Patsy; and his brother, Jonathan.

## ‘A pure-hearted guy’

Spc. Daniel E. Gomez, the medic known as “Doc,” also joined the Blue Spaders in early 2006, as the unit was gearing up for its large pre-deployment training rotation.

“I remember him as always smiling. Nothing could keep him down for long – always joking and laughing but also a steady rock to confide in. He was always there through the good times along with the not so good,” said Sgt. Brian Smith, relaying the earlier eulogy of Spc. Robert Sowders.

“He was a friend to all he came in contact with, a pure-hearted guy, and a true hero that gave his life doing what he loved best – being a medic,” Sowders said of his best friend, Gomez.

“He will be missed and the world is a lesser place without him,” he said.



Capt. Jesse Greaves, the “Apache” company commander, was in the convoy that was attacked and was grateful to have been with them at the end, he said in remarks conveyed here by White.

“I watched them joke and play with each other and the locals making friends and in general, improving the lives of the citizenry,” Greaves said. “They were in the arms of their other family that day. They were happy and upbeat throughout the patrol. They were glad to be together.”

“I thank God that I was on the patrol during which these men were taken from us. Not because my presence made a difference, but because I will forever have the memory of true brotherhood,” he said.

Gomez is survived by his parents, Juan and Juanita; his sister, Marian; and his brother, Louie.

## ‘The quintessential commander’

Maj. Thomas Bostick was a seasoned combat veteran who fought as an enlisted Ranger, later as an officer and was even known to crack a tension-breaking joke or two in the heat of a fight.

“Tom was frequently a volunteer and volunteered to come to 1-91 to help with the transformation,” said Sgt. Maj. Ted Kennedy in a eulogy that was relayed at the Schweinfurt service by Sgt. Ernesto Rodriguez.

“He seemed to relish his time improving as a Soldier,” said Kennedy, who met Bostick earlier in their careers in Panama. “He was a fine Soldier.”

Recalling details of the battle that took Bostick’s life, Kennedy addressed his fallen comrade as a model for younger Soldiers to emulate.

“Tom, you were their example. They will always know what right looks like,” he said.

“He was the quintessential commander,” said Lt. Col. Christopher Kolenda, 1-91 CAV commander.

Bostick is survived by his wife, Jenn, and their daughters, Jessica and Ashlie.

## ‘Constantly assisting’

Staff Sgt. William Ryan Fritsche was a young and versatile noncommissioned officer who was a member of the elite Old Guard at Arlington National Cemetery and served in President George W. Bush’s second inaugural parade.

Only days before he was killed, Fritsche assumed a new, coveted position as a squad leader, following his assignment in the squadron operations section, where he “immediately made a positive impact,” according to Capt. Joey Hutto.

“He was constantly assisting other sections or individual Soldiers,” Hutto said, in remarks conveyed here by Staff Sgt. Jeremy Smith. Recounting how he would ask Fritsche if he was prepared for his new assignment, Hutto remembered the NCO’s confident

answer.

“I spent five years waiting for this moment. I am fully prepared,” Hutto recalled Fritsche saying.

“What impressed me most about Ryan was his versatility,” Kolenda said, explaining the array of missions and assignments upon which Fritsche was called.

Fritsche is survived by his wife, Brandi; his mother, Volitta; his younger brother, Thomas; his paternal grandfather; and his maternal grandparents.

**Melissa Miletich offers condolences in the guest book prior to the memorial service for Sgt. 1st Class Raymond Buchan and Staff Sgt. Michael Ruoff Jr.**

*Photo by Mark Heeter*



**Ruoff**



**McKinney**



**Clouser**



**Gilmore**



**Gomez**



**Gutierrez-Rosales**



**Bostick**



**Fritsche**



# Blue Star cards earn savings at Schweinfurt CYS

Story and photo by  
**MARK HEETER**  
*Bavarian News*

The Blue Star that hangs in the window of deployed Soldiers' Families' homes is about to take on a new meaning in Schweinfurt.

Under guidance from the Department of the Army and Installation Management Command, USAG Schweinfurt Child and Youth Services has begun a major cost-cutting initiative for children of deployed Soldiers that allows bundles of savings on several programs.

The Army calls it 15:12, referring to 15 months deployed and 12 months at home.

USAG Schweinfurt calls it the Blue Star program

"Army leadership is trying to do some things to alleviate stress. And in my arena, that involves reducing the cost of child care," said Kris Davis, acting CYS chief.

This is available immediately and affords three main fee eliminations, according to Davis.

For the duration of the Soldier's deployment, CYS offers his or her

Family a 20 percent discount on regularly scheduled full- or part-time child care, free participation in two sports per child per year, and free tuition in four eight-week SKIES sessions.

And the annual registration fee is also waived, Davis said.

"What we know is that when the Soldier's home, even though they're busy and have a lot going on, still they take on some of the child care burden. So that extra support for the remaining spouse is not there when the Soldier is deployed," Davis said.

"So by reducing the cost, it helps them reduce the cost of child care if they need it or to save their money on other things to improve their quality of life," she added.

As one of the Army's highly impacted communities, the USAG Schweinfurt also receives additional flexibility to expand other services, an opportunity that Davis, her staff and community leaders are currently evaluating.

"With the discretionary part, we're going to ensure that we're meeting what the community wants," she said.

Not every installation in the Army receives the same amount of savings, based on the operational tempo of the garrison's major tenant units.

"Army leadership understands that what we are going through here is different from what they're going through on many posts. Our Families are paying a higher price right now than some others," Davis said, referring to the current deployments of both the Dagger Brigade and the 1st Squadron, 91st Cavalry Regiment.

While the Army leadership might have the large vision of savings, Bobbie Jones, USAG Schweinfurt School Age Services director sees another opportunity in the program that hits just as close to home.

"We want the kids to be actively involved," Jones said. "We want the parents to see that we do recognize the situation that we're in, and that CYS is here to support them."

"Take advantage of this. This is really a great program. We're hoping that people who are using CYS will use this opportunity to at least get a taste of it, to get a feel for what CYS is about," Jones said.

The Blue Star card is available at



**Ponce Shepard, left, and Kiera Huiel partner up for some foosball action during SAS summer camp. SAS is just one of the many CYS programs offering discounted service through the Blue Star program.**

the Commons on Ledward Barracks and the CYS center in building 185 on Leighton Barracks.

Only registered children of deployed Soldiers are eligible. Parents should bring proof of the deployment— and a Leave and Earnings Statement will suffice— to the center to pick up a renewable Blue Star card, valid for three months.

# Schweinfurt OT clinic helps wounded warriors heal

Story and photo by  
**KIMBERLY GEARHART**  
*Bavarian News*

Schweinfurt's Wounded Warriors have many allies in their battle to recover: Family support, weekly meetings where they can discuss their issues, and Capt. Patrice Stange.

Stange is an Occupational Therapist who, with assistance from Sgt. Erick Cendona, works with Soldiers to help them heal and regain movement, functionality, feeling, and quality of life after they have been injured.

Originally located in Wuerzburg, Stange was supposed to move to Vilseck, but with the wounded coming in to Schweinfurt, she and Lt. Col. Daniel Duecker, clinic commander, worked out a move here instead.

"The Soldiers were coming to me in Wuerzburg, so I came here to them," Stange said.

Tuesdays and Thursdays Stange does travel to Vilseck, but the rest of the week, Schweinfurt community Soldiers are her focus.

Cendona notes that they see



**Capt. Patrice Stange, right, examines Sgt. Mike Ayrelan's recent skin graft. Ayrelan's therapy focuses on allowing the graft to heal with minimum scarring, which could cause mobility and sensation problems.**

"easily" 20-25 Soldiers in a day, with appointments every 30 minutes, plus walk-ins.

"It can be fun, especially when you get everyone in here at the same time. It's like group therapy," Cendona said.

Soldiers sit around the table, giving each other support, and the

occasional well-aimed jibe.

"They get a lot of support from one another," Stange agreed.

Sgt. Mike Ayrelan, from 1st Battalion, 77th Armor Regiment, receives retrograde massage and other therapies to help him recover free movement and feeling in his right arm.

Ayrelan was shot in his thigh and right forearm during a firefight outside of Ramadi.

"Hopefully this will help me get some feeling back in my fingers," Ayrelan said.

For Spc. Greg Fein, from 1st Battalion, 18th Infantry, loss of feeling isn't as big a problem.

One issue Fein works on is hypersensitivity in his wounded left hand.

He lost part of his little finger, and the skin covering the wound is highly sensitive to touch. Acclimating to that sensitivity is just one step in his healing process.

"It's helping. It's just a slow process," Fein said.

Soldiers recovering from non-combat related injuries come to the clinic as well.

Spc. Spencer Orr, from Headquarters and Headquarters Company, 1st Battalion, 18th Infantry, works with Cendona to recover full range of motion in his left hand and arm, which he injured during a motorcycle accident while on Rest and Recuperation Leave.

"I need to come up with a better story," Orr said, joking with Fein and Sgt. Steven Castillo, also from 1-18. Castillo is working to recover full use and sensation in his right shoulder and arm, often using electronic stimulation techniques.

"Which is funny, because that's how I lost feeling to begin with," he said, explaining that a power line fell on his Bradley while out on patrol.

The small clinic, located on the first floor of the Schweinfurt Health Clinic, occupies two rooms across the hall from the laboratory but may soon expand to allow for more therapy space and capabilities.

"Soldiers can be treated in place here, and can get more one-on-one care than they would at a larger facility...we brought the help to the fight," Stange said.

# Schweinfurt teen's art honors Soldiers

Story and photo by  
**KIMBERLY GEARHART**  
*Bavarian News*

In order to maintain force protection outside the Central Issue Facility building on Conn Annex, a sectional concrete wall was erected to protect the facility and the Soldiers utilizing CIF services from being seen from the busy public road just outside the fence.

Force protection goals were met, but there was one problem.

"The wall was ugly and an eye sore," said Loyd Clubb, plans and operations officer with the Directorate of Logistics here in Schweinfurt.



This is where Steven Sheldon enters the picture.

Sheldon, a 17 year old high school student and Family member with the 9th Engineer Battalion, is known locally for his artistic mural work. He has painted murals for Club Beyond and the Teen Center in Schweinfurt and completed work at other duty stations as well.

"Mr. Loyd called me and said they've got this wall they need to paint, and he wanted me to paint it because he'd heard good things about my work," Sheldon explained.

The design was left up to Sheldon's discretion. His father had just re-enlisted, so Sheldon hit on a theme of enlistment and service. The paneled wall follows a Soldier from his initial swearing-in through basic training, graduation, deployment, and war. Sheldon plans to show his Soldier receiving awards for his service as well.

Sheldon enlisted the help of teens involved in the summer hire program to complete the painting. He penciled the design on a base-coated wall, working from his sketch book, and then he and his helpers fleshed the mural out with paint and elbow grease.

The completed mural will read from right to left so that viewers travel through the story as they walk from the facility entrance down the length of the wall.

"Every Soldier returning from downrange will need to go to CIF ... This is a chance ... to put a smile on their faces," Clubb said.

Sheldon hopes that Soldiers will be pleased with his tribute but says his biggest inspiration is someone that will never see the finished work.

"My neighbor's husband died in Iraq right before I was asked to do this wall. He was a good man. They are all good men. This is a chance to reflect, to honor that," Sheldon said.

**Steven Sheldon traced his mural onto the wall and then filled in the sketch with the help of other teen volunteers.**

# Wallet returned intact

Continued From Page 19

some phone calls.

"I have been in the 'whoever lost it' situations before, so I know how it feels. That is why I returned it and did the right thing. All I did was answer the door and turn the wallet in upstairs," he said.

According to Sabrina, Stewart looked up her last name and contact information on AKO and called her Aug. 7 to notify her they had the wallet.

"It was a real long weekend," said Garhett's father. "We thought the money was gone. We figured if someone had found the wallet, being a weekend and all, it was 'Hey my treat!'"



**Chris Lammers, Katterbach Commissary freezer department worker, shakes hands with 10-year-old Garhett Grundei. Garhett thanked Lammers Aug. 14 for turning in his lost wallet—with his life savings of \$340 in it. Garhett lost the wallet Aug. 3.**

*Courtesy photo*



# Child birth, child rearing practices in Germany prove different than in U.S.

by MARTINA BIAS  
Bavarian News Food & Culture Columnist

Children are our future and each culture raises their offspring in a distinct way and with various emphases. German parents differ from their American counter parts in quite a few ways.

This starts even before the actual birth of the child. Germans are very protective of pregnant ladies. The mother-to-be is expected to stay at home, not do any strenuous work and prepare for the birth.

This could be one of the reasons why you don't see a lot of German ladies in their third trimester out in public a lot.

Should a pregnant lady go against this precaution, you might hear a great outcry and accusations of harming the baby, as in a recent case, where a pregnant singer decided to perform live on stage in her eight month of pregnancy and was greatly criticized for that action.

Right after the birth of the child, the new mothers are pampered in Germany. The usual hospital stay for an uncomplicated birth is 5 days and is extended up to two weeks for cesarean sections.

During those days, various health checks and immunizations are performed on the baby and the mother gets plenty of rest.

American mothers who have experienced a birth in the U.S. before may feel uneasy when they see how differently babies are cared for by the German nurses.

For example: It is not unusual for a German newborn to receive herbal tea from the bottle in between meals to keep them properly hydrated even if it is otherwise breast fed. Don't be alarmed. This won't harm the baby at all.

When it comes to the care of the umbilical cord, Germans will not clean the area with an alcohol pad



Courtesy photo

Many German mothers believe that newborns should lie flat on their backs to protect their spines.

after each diaper change like the Americans, but instead cover the area with a generous amount of baby powder. Either way will result in a normal healing process.

When it comes to giving the child a name, Germans are more restricted than Americans.

German law stipulates that parents can only chose a name that is officially registered as such. Should a name not be specifically male or female, a second name that is gender specific has to be given.

This practice prevents parents from burdening a child with a name that may give cause for later ridicule. The Standesamt (registry office) can reject a name unless the parents can bring prove that it is indeed a valid name for a human being.

Germans believe that new born babies should be kept at home for the first few weeks, as to not to expose them to the weather or any germs. They should also lay flat on their backs as much as possible to avoid any damage to their tender spines.

I still remember the frantic phone call from my mother after I sent her a picture of my first child in the baby swing. She was convinced that I was putting him at risk by placing him in the chair of this contraption.

German mothers continue to be pampered. The weeks after delivery are commonly referred to as the "Wochenbett" (weeks-bed) showing how the emphasis is on plenty of rest for the woman. During this time, the baby gifts arrive. These are also called "Wochensuppe" (weeks-

soup) to show that in the olden days, meals were brought to the house of a new mother to make life a little easier for her.

Germans are not accustomed to baby showers before the birth. Buying too many things for the expected arrival, as well as giving gifts is considered to be presumptuous, a tradition that probably stems from times when child birth was often a risk for both the mother and the child.

Many couples today buy the bare necessities for the baby and family and friends get to go crazy once the new family member has safely arrived.

Once it is deemed safe for the baby to venture outside, the Kinderwagen (child's carriage) is brought out and used for talking

regular strolls, as well as running errands.

Americans might be alarmed to see a Kinderwagen with occupant "parked" outside a store like the butcher or bakery. However, what might constitute child endangerment in the United States, is simply a harmless and logical practice in Germany, especially in smaller communities.

Altogether, Germany might be seen as less child friendly as the United States.

This could be based on the fact that German women only give birth to an average of 1.3 children. If you have more then two children, you might easily be accused of being crazy, dumb, careless or just wanting to take advantage of the social system and receive more "Kindergeld"(a monthly amount paid to parents for each of their children from birth to the age of 18 years).

When I was pregnant with my third child, my German friends were not sure whether they should congratulate or pity me.

Going out with children is not as common or easy in Germany as it is in the U.S. Even though it is getting better, German restaurants do not always offer high chairs or children's menus for families with small children.

Some people would even go so far as to say that your dog is welcome more places then your children. However, this view might be a little extreme.

My children like going shopping with me on the economy, especially when we stop at the butcher, where they will receive a complimentary slice of bologna, or the bakery where they might be offered a free sweet treat.

German children generally enter Kindergarten (pre-school) at the age of 3 and start school with the first grade at age 6.

# German cheesecake recipe offers new texture, taste

by MARTINA BIAS  
Bavarian News Food & Culture Columnist

The German equivalent of cheesecake is called Kaesekuchen (also cheese – cake).

The main difference between the two is that the German version is not prepared with a crust of crackers or cookies, but rather in a baked crust made from a cake-like dough.

Also, instead of mixing the filling with cream cheese, the German bakers use Quark (a unique European dairy product).

As this ingredient is hard to find in the American grocery store, I substituted processed cottage cheese and some creamcheese with very similar results.

German Kaesekuchen has many varieties

just like American cheesecake.

Some feature fruits like raisins or mandarin oranges, some might be topped with a clear glaze and others are just eaten plain.

Sometimes Kaesekuchen is baked in a jelly-roll pan and is served in somewhat flat, square pieces.

Other recipes are prepared in a spring form pan and yield the higher, triangular slices.

The following recipe is an easy way to prepare this perennial favorite.

In fact, it is so easy that its name in my German baking book is "Lazy Women's Cake".

Please note that this cake does not need to chill or be refrigerated.

Bake it on a Saturday and enjoy it for the traditional Sunday's cake and coffee in the

afternoon.

*Guten Appetit!*

## German Cheesecake with Mandarin Oranges

### Dough:

- 1 ¼ cup flour
- ¼ cup sugar
- 1 egg
- ½ cup (1 stick) butter or margarine, softened
- 1 tsp. baking powder



You can also top the cheesecake with eierliker, which has been discussed in previous articles. To view the Food & Culture archives, log on to [www.milcom.de](http://www.milcom.de) and click on the Bavarian News link.

### Filling:

- 1 pound cottage cheese
- 4 oz. cream cheese
- 2 eggs
- ½ cup sugar
- 1 pckg. (3oz.) cook and serve vanilla pudding
- ½ cup sour cream
- ½ cup oil
- 1 ½ cup milk, divided usage
- 1 can mandarin oranges

Place cottage cheese in a cheese cloth or fine sieve and let it drain for about an hour.

For dough, place the first five ingredients in a large bowl and mix by hand until a soft dough forms.

Flatten dough and line the bottom and sides of a 10-inch springform pan with it.

Refrigerate for at least 30 minutes.

For filling, pour 1 cup of milk into a blender.

Add drained cottage cheese, cream cheese, eggs, and sugar.

Process until smooth. Pour into a large bowl.

In another bowl, whisk remaining milk, pudding, oil, and sour cream.

Gently fold this mixture into the cottage cheese mixture (mixture will be liquid).

Preheat oven to 375 degrees.

Pour filling into pan lined with the refrigerated dough.

Top with mandarin oranges (they will sink slightly into it).

Bake cheesecake for 1 hour or until center is almost set and edges are lightly browned.

Cool cake at room temperature. Do not chill.

**Yield: 16 servings**

German cheesecake is made with a different cheese than American cheesecakes, so the finished cake will look different than American cakes.

Courtesy photos





# Wrestling clinic, tourney offered in Heidelberg

News release

A clinic for freestyle and Greco-Roman wrestling officials will be held in Heidelberg Sept. 19-22, along with a military competition.

“We will be training people to officiate matches for child and youth services and garrison sports, as well as for them to hold additional installation-level clinics,” said Tom Hlavacek, a Morale, Welfare and Recreation training specialist with Installation Management Command-Europe.

Attendees will focus on a course of current rules, proper signaling, points of emphasis, rule changes and mat procedures, which will be followed by a written test before participating in the practical examination – officiating an IMCOM-Europe wrestling tournament scheduled for Sept. 22 at the Patton Barracks Fitness Center. Grapplers will be competing in the following weight categories: 121, 132, 145, 163, 185, 211 and 264 pounds.

Jeff Pellaton, head official for wrestling in U.S. Army Europe, will present the clinic.

Pellaton has competed, coached, and officiated in Europe, Asia and the United States. A three-time Department of Defense Dependents Schools Far East Coach of the Year, his teams at Kubasaki High School in Okinawa, Japan, claimed DoDDS’ Far East championship nine times.

Pellaton has also officiated in the U.S. junior national championships.

For more information, e-mail Tom Benson, Heidelberg Sports Office, at [Thomas.C.Benson@eur.army.mil](mailto:Thomas.C.Benson@eur.army.mil).

For officials to apply online, go to [www.mwrtade.com](http://www.mwrtade.com); <http://www.mwrtade.com>; or <https://tade.ima-e.army.mil> (depending on computer accessibility).

For information on becoming a sports official, contact Hlavacek at the MWR Training and Development Center, DSN 379-7693; or Benson at DSN 373-8032.

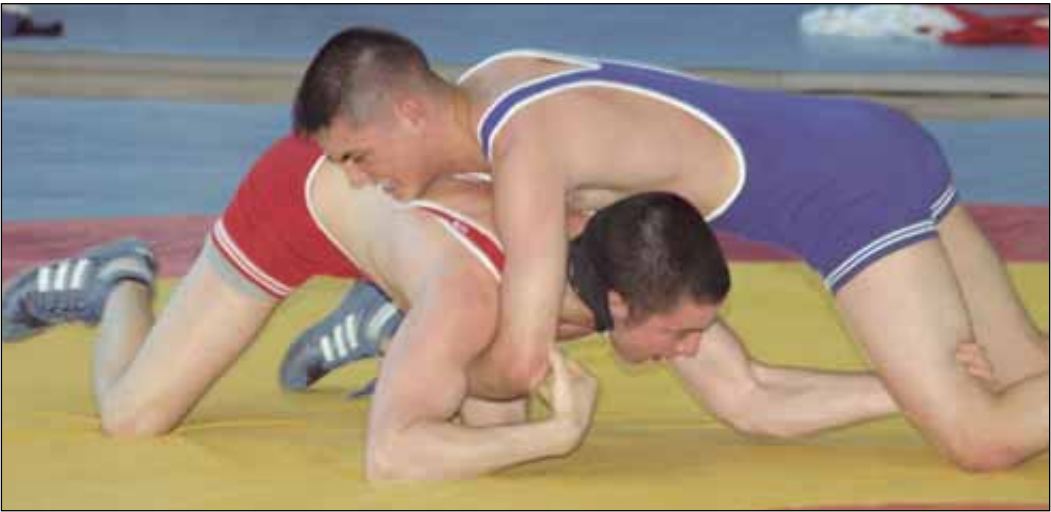


Photo by Karl Weisel

A military wrestling tournament is planned for Sept. 22 at Heidelberg, Germany, as part of an official’s clinic.

## Softball season comes to an end



Photo by Garry Barrows

Kendrick Moore contributes an infield single as Grafenwoehr goes on to defeat Hohenfels 9-6 in the final weekend of regular season of the IMCOM-E Community Level Softball League. The tournament was held Aug. 11 in Hohenfels.

## Hohenfels youth sports wraps up summer camps

by CARMELA FELTZ  
Special to the Bavarian News

The youth sports summer camps have proven to be a hit this summer.

The 2007 summer sporting camps have provided the children within the Hohenfels community an opportunity to experience different individual and team sports throughout the summer. From track and field to soccer, basketball, and cheerleading to baseball and bowling, a wide variety of events offered something for every participant.

Although these events have come to an end, everyone has taken something from the camps that they will remember for a long time to come.

Not only did these camps provide the participants with an activity during the summer, it also builds new sporting skills and friendships.

In working closely with the summer hires, these children have learned to positively interact

with the older youth of this community.

We at youth sports had a wonderful summer experience and hope to see the same faces next summer. Thank you for participating and making these events memorable. We would like to thank our summer hires for a job well done; we could not have done this without you!

For more information on any youth sporting events in the Hohenfels area, contact DSN 466-2558/2488.



This summer’s sports camps were deemed a success. Courtesy photo

## Walking: a step in the right direction

by LISA YOUNG  
USACHPPM Health Educator

Walking is one of the safest ways to be physically active. It is a low-impact exercise for people of all ages. It is inexpensive and can be done almost anywhere, at any time. Hippocrates said that “walking is man’s best medicine.”

Walking can:

- Increase energy.
- Tone muscles, easing back pain.
- Reduce stress, helping you relax and sleep better.
- Manage body weight by burning more calories and controlling appetite.
- Reduce risk of heart attack and type 2 diabetes.
- Manage high blood pressure and diabetes.
- Slow osteoporosis bone loss.

Before you start out on a walking program, consult a healthcare provider to be sure there is no health problem or physical reason that would limit your plans.

Keep the following points in mind for a safe and effective walking program:

- Choose safe places to walk with several different walking routes for variety.
- Schedule time in your daily routine that will be the most consistent.
- Find a partner or group of people to walk with you.
- Wear walking shoes that will cushion your feet and absorb shock.
- Wear clothes that will keep you dry and comfortable.
- Wear a hat—a warm knit cap in the winter and a baseball cap or visor

in the summer.

- Begin with a warm-up, walking slowly for three to five minutes. Gradually increase your speed to a moderate pace for the main routine. Cool down by ending with a slow walk for five minutes.
- Do light stretching afterwards for the calf, front and back of the thigh, hip and lower back.
- Walk at least three to five times per week. Increase your effort by walking faster, going further or walking longer. To prevent injury, do not increase your intensity and your distance or time in the same week. If you walk less frequently, progress more slowly.
- Drink water before, during and after your walk.
- Do not wear headphones and stay aware of your surroundings.
- Wear bright colors or reflective tape after dark so that motorists can see you.

Walking is a great exercise because it’s so simple. However, if your posture is poor or your movements are exaggerated, you increase your risk of injury.

To avoid injury, use a walking technique that will keep your chin up, shoulders slightly back, heels touching the ground first with toes pointed forward and weight rolling forward, and arms swinging at your sides. As you speed up, you may find it more efficient and comfortable to bend your elbows up to 90 degrees.

A successful walking program that lasts a lifetime takes commitment. As motivation, keep a record of how many steps you take, the distance you walk, or how long it takes.

Using a pedometer makes it easy and fun. Pedometers attach to your waistband, detect body motion, count your footsteps, and display calories burned, distance walked and time elapsed.

See WALKING Page 29



Maya Pardee backhands a winner during the women’s singles match of the U.S. Forces Europe tennis championships. Photo by Ray Johnson

## Players earn first titles

Special to the Bavarian News

The U.S. Forces Europe tennis championships saw two first-time men’s and women’s singles title earned during the competition held here July 20-22.

Jamie Rydell, from Bamberg, Germany, defeated, Roy Tannis, from Darmstadt, Germany, 6-3, 6-1, while Ramstein’s Maya Pardee stopped Heidelberg’s Alessandra Pickerill 6-1, 7-5.

It was Rydell’s and Pardees first USF singles crown.

To reach the final round, Rydell defeated Rachid Lanrissi, Mike Listopad and Eric Latson in earlier matches, while Pardee won over Kim Daffron and Ginger Baker.

Other titles went to:

- Men’s senior: Graig Hendrix defeated Gus Leotta 6-0, 6-0;
- Men’s masters: Markus Ray Ford over James Moss 6-3, 6-2;
- Men’s doubles: Sam Pohl and Steve Kwon handled Rydell and Moss 2-6, 7-5, 6-1;
- Women’s doubles: Kim Daffron and Sally Cotter beat Paulina Ryan and Alice Rahaeuser 6-1, 6-0
- Mixed doubles: Tannis and Pickerill stopped Mark and Maya Pardee 6-0, 6-1.



Photo by Ray Johnson

Jamie Rydell returns a shot on his way to winning the men’s single title of the U.S. Forces Europe tennis championships.





# Mountain bike racers challenged on Ansbach’s re-vamped course

Story and photo by RONALD H. TOLAND JR.  
Bavarian News

They came from near and far on a cool and overcast morning July 28 to see who was the best and to test their own mettle.

Athletes from military bases in Italy and also Germany— Spangdahlem, Vilseck, Hohenfels, Grafenwoher, Ramstein, Schweinfurt, Bamberg, and even as far as, well, Ansbach—descended upon the Urtas Training Area near Shipton Kaserne for the Ansbach leg of the U.S. Forces Europe Mountain Bike Championship Series.

Hosting the event for third year in a row, Steve Bocek, chief of outdoor recreation and business operations in Ansbach, said, “This year’s route is different from previous years’ because of construction and environmental concerns.”

However, similar to previous years’ routes, this year’s featured varied terrain: from smooth and flat to rough and rocky, and even wet and muddy.

The course put the bikers to the test. “It had a good mix of technical and good speed areas, and some fast corners too. The first hill looked easy, but it was really hard,” said second place winner in the men’s race Capt. Jacob Skugrud of 2nd Stryker Calvary Regiment in Vilseck.

Jay Danna, a Hohenfels High School teacher, added that “It’d be killer if it rained.”

Bocek said the event featured five manned check points to guide racers through the course and a new youth category.

The event began with the women’s competition featuring eight entrants in the race who all ran at the same time, as opposed to breaking the event into age groups.

“This way is faster,” Bocek said.

“We can have two races, male and female, and still compile scores for the different age groups at the same time without having



Steve Bocek, chief of outdoor recreation and business operations at USAG Ansbach, prepares to start the men’s race at the Ansbach leg of the U.S. Forces Europe Mountain Bike Championship Series July 28 at the Urtas Training Area.

numerous races all day.”

1st Lt. Jessica Tomazic, U.S. Army Health Clinic Schweinfurt and winner of the adult women’s military open category, finished the course in 49 minutes and 23 seconds.

She was completely exhausted after the race and could not comment. “That is how hard it was,” she finally said after a minute to catch her breath.

The men’s race featured 29 racers and included a 9-year-old.

Tech. Sgt. Leslie Handy, 435th Medical Operations Squadron at Ramstein, won the four-lap event in the military senior men’s category, finishing the race in 52 minutes and 23 seconds.

“It [the race] was absolutely fun—blazing,” Handy said. “It is always fun to win!”

(For the past three years United States Army Garrison Ansbach hosted the U.S. Forces Europe Mountain Bike Championship; this year on July 28 at the Urtas Training area in Ansbach, Germany.)

# Players get down to basics, gear up for season at DODDS-E football camp

Story and photo by JIM HUGHES  
Bavarian News

About 500 Department of Defense Dependent Schools-Europe students proved they’re ready for some football as they gathered at Katterbach Kaserne in Ansbach to get back to the gridiron basics during the European Football Camp Aug. 14-17.

A precursor to the start of the high school football season, the camp brought players from places such as Germany, England, Italy, Belgium and the Netherlands together for camaraderie, instruction and getting a head start on the competition, said Marcus George, head coach of the Division III reigning champion Ansbach Cougars.

“The kids are working hard on the basics, work habits and stuff like that,” said George, primary organizer of the event. “It’s in everyone’s best interest to come to this camp and start creating some unity, some ownership and good work ethics for themselves and their teams—



Dermeterius Johnson, a Kaiserslautern senior running back, grabs a ball while running an agility course at the European Football Camp Aug. 14-17 at USAG Ansbach. More than 20 schools sent players to learn and be refreshed on some of the basics of the game.

and that is what they are doing.”

More than 50 coaches and 100 administrators from 21 DODDS-E schools ran the camp that housed, fed, managed and taught the players.

From 8 a.m. to 9 p.m. each day, it was all about football fundamentals, George said.

“During the season, you’re too busy trying to fit all your team stuff in and you don’t have time, at DODDS in particular, to work on fundamentals,” he said. “The camp is an effort on our part to teach fundamentals to the kids—something stateside schools have time to do that we don’t.”

And that suited Ansbach junior wide receiver Tyrone Moore just fine.

“Over the summer, you forget some things and this reminds you of everything you forgot,” said Moore, at camp for the second consecutive year. “People haven’t perfected their games yet and this camp allows them to continue to work on their skills.”

Moore added that learning from so many different coaches gives him some new perspectives on playing wide receiver.

“They all have their own styles, and the camp allows me to take techniques from each of them and then decide what works best for me on the field.”

The camp featured extensive warm-up sessions; quarterback, running back, receiver and lineman skill and agility drills; athletic competitions; seven-on-seven team scrimmages; and awards for top performers.

Overall, it was a lot of football crammed into a short time, said Wiesbaden senior quarterback Joe Jansen.

“I’ve been to a lot of camps in other places before and they kind of focus more on fun and give you more leisure time,” Jansen said. “Here, they push us hard. People are coming out of the practices tired and burnt—as they should be.”

He added that his favorite thing about the camp is the individual instruction.

“Even though there are a lot of people here, they still get to everyone and tell them what they’re doing wrong,” Jansen said. “And it’s awesome we can come here as a team, learn to work together better and coach can get an eye on us. We brought our freshmen with us, so they can get into the team before the season starts. We’re getting stronger as a team and seeing our flaws—now we can work together and strengthen those

flaws.”

Bamberg freshman John Bradley was one of many players attending his first high school-level camp.

“I’ve been working on my blocking, tackling and catching skills, along with getting stronger from the workouts,” said Bradley, who is trying out for a defensive lineman position. “I’m becoming a much better player—I can feel it.”

When asked what he got most out of at the camp, he smiled and said, “Sleep. They work us pretty hard—I’m tired and sore.”

And while coaches and players worked a lot during the camp, there was a fair amount of observation going on as well, George said.

“During the warm-ups, players line up with their teams on the yard lines—I guarantee you coaches are walking up and down those lines to see what their opponents look alike.”

And it does help, said Vilseck Head Coach Bill Ratcliff.

“I get to network with other coaches and kids from other schools, so from a talent scout point of view I can see what the other teams have; what they’ll bring to the table during the season,” he said.

“But more importantly, this is an experience that gives you a nice feeling,” he added. “Last year, I had a kid come up to me six months after camp while a different sport was going on and he said, ‘You’re Coach Ratcliff from Vilseck—I remember you from camp. I hope you’re there next year because I learned so much from you.’”

“That’s rewarding. You know you reached out and touched some kids here.”

## Sports Briefs

### Schweinfurt extends fall sport sign up deadline

Schweinfurt Youth Sports and Fitness currently offers three fall individual sports: in-line skating, cross country running, and golf. Sign up your kid between the ages of 8 to 18 years old.

Deadline to sign up has been extended to Friday or until teams are filled. For more information, call DSN 354-6822 or CIV 09721-966-822.

### Coach clinics Saturday

Schweinfurt Youth Sports and Fitness will hold a coach certification clinic Saturday from 10 a.m. to 3 p.m. in the Ledward Gym. Instruction includes a course on recognizing child abuse, a coaching video, and first aid and CPR certification. For more information, call DSN 354-6822 Tuesday through Friday from 10 a.m. to 3 p.m.

### Find golf courses in Europe through ODR

Outdoor Recreation knows the great places to golf this summer. Call to find out what course offer military discounts. There are courses for everyone—beginners to experts. Call ODR at DSN 475-7402.

### Join the Bamberg Aqua Barons swim team

Do you like to swim? The Bamberg Aqua Barons, member of the European Forces Swim League, is looking for youth swimmers and coaches.

Get in shape, stay in shape and travel with the team to swim meets in Germany, Italy, Spain, Belgium and England. Earn great rewards like trophies, medals, ribbons, and even an athletic letter. Contact Melissa Plamann at CIV 0951-297-3817 or e-mail [bamberg\\_aquabaron@yahoo.com](mailto:bamberg_aquabaron@yahoo.com) for information.

### Weekly Golf Scramble slated every Thursday

Join the weekly Thursday Night Scramble Golf Tournament at 5 p.m. at Bamberg’s Whispering Pines Golf Course.

Entry fee is only \$5 per person. Please register by 4:30 p.m.

Tournament starts at 5 p.m. Call DSN 469-8953 for more information.

### CYS needs coaches for fall sports and fitness

If you are interested in helping area youth this fall, there is a great need for volunteer coaches for tackle football, soccer, and cheerleading. No experience is necessary. CYS will provide all the necessary training. Call CYS Central Registration at Graf, DSN 475-6656 or Vilseck, DSN 476-2760.

### Bowling centers offer specials, tournaments

Call Graf, DSN 475-6177 or Vilseck, DSN 476-2576 to find out about tournament schedules and leagues.

PBA Experience League bowl at Vilseck Bowling Center at 7 p.m. on Tuesdays. PBA lane conditions will challenge bowlers of all levels. Included are video tips from pros on how to play under various conditions.

### Want to promote your sport?

Just call DSN 475-7113 or e-mail [adriane.foss@us.army.mil](mailto:adriane.foss@us.army.mil) for coverage.

**2007 JMRC Fall Golf Classic**  
*Monday, September 10, 2007*  
at the Schmidmuehlen Golf Course

*4 Person Teams (ABCD Composition Preferred)*  
**€20 Entry Fee + €25 Green Fee**  
*\*Green Fee Waived for Club Members*  
**7:00 a.m. Check-In, 8:00 a.m. Shotgun Start**  
**Registration Deadline is September 7.**

*For more info or to register email: [bill.craven1@us.army.mil](mailto:bill.craven1@us.army.mil)*



# Civilian employees recognized for service

## 45 years of service

Erich Kopp, USAG Grafenwoehr DES, Fire Protection Div., Vilseck, July 1  
Johanna Yankers,USAG Grafenwoehr DPW, Environment Div., Grafenwoehr, July 1  
Helmut Strempel, USAG Grafenwoehr DPW, Opns/Maint Div., Grafenwoehr, June 12

## 40 years of service

Richard L. Miller, 7th Army JMTc JMTED, Combined Arms Tng. Ctr., Vilseck, Nov. 8, 2006  
Reinhold Plohmman, 7th Army JMTc, GTA Range Support Branch, Grafenwoehr, July 1  
Wolfgang Thiel, USAG Grafenwoehr DOL, Supply & Services Division, Vilseck, June 26  
Karl-Heinz Brandt, 69th Signal Battalion Network Service Center, Grafenwoehr, June 1  
Erwin Stich, 5th Signal Command 6981st Civilian Support Group, Grafenwoehr, March 13

## 35 years of service

Larry L. Wiles, 7th Army JMTc JMTED, Combined Arms Tng. Ctr., Vilseck, Dec. 14, 2006  
Helene Birkner, 7th Army JMTc Resource Management Office, Grafenwoehr, April 10  
Paul Bauer, 7th Army JMTc Resource Management Office, Grafenwoehr, April 1  
Edward E. Hickmann, USAG Grafenwoehr MWR, Recreation Division, Grafenwoehr, March 7  
Eleonore Andrig, USAG Grafenwoehr DOL, TISA, Grafenwoehr, May 13  
Inge Haeupl, USAG Grafenwoehr DOL, TISA, Grafenwoehr, July 16  
Guenther Duemmelbeck, USAG Grafenwoehr DOL, Supply & Services Div., Vilseck, May 15  
Josef Vogl, USAG Grafenwoehr DPW, Opns/Maint Div., Grafenwoehr, July 1  
Michael E. Crimens, USATMC-EUROPE CPPSO, Grafenwoehr, April 26  
Gloria Lanteigne, CPAC Grafenwoehr, May 15

## 30 years of service

Timothy R. Heefner, 7th Army JMTc TSAE, Operations Branch, Grafenwoehr, March 31  
Wilfried Haertl, 7th Army JMTc TSAE, Regional Training Spt. Ctr., Vilseck, July 11  
Vicky L. Moore, 7th Army JMTc Inspector General’s Office, Grafenwoehr, June 15  
Gary Chester Kuhn, 7th Army JMTc JMTED, Combined Arms Tng. Ctr., Vilseck, May 29  
Hermann Speckner, 7th Army JMTc Joint Materiel Maintenance Activity, Grafenwoehr, July 1  
Karl-Heinz Triendl, 7th Army JMTc Organizational Maintenance Activity, Grafenwoehr, May 16  
Michael Wolfram, 7th Army JMTc GTA Range Support Branch, Grafenwoehr, March 14  
Max Maier, 7th Army JMTc GTA Range Support Branch, Grafenwoehr, May 16  
Konrad Hoellerl, 7th Army JMTc GTA Range Support Branch, Grafenwoehr, May 16  
Ansgar Melchner, 7th Army JMTc GTA Range Support Branch, Grafenwoehr, July 11  
Werner Walberer, 7th Army JMTc Works Council, Grafenwoehr, April 18  
Gerhard Biersack, USAG Grafenwoehr DES, Fire Protection Division, Grafenwoehr, March 14  
Erhard Haensch, USAG Grafenwoehr DES, Fire Protection Division, Grafenwoehr, July 18  
Ursula Suttner, USAG Grafenwoehr DRM, Manpower & Agreement, Grafenwoehr, April 1  
Ernest Englhart, USAG Grafenwoehr MWR, Recreation Division, Grafenwoehr, March 15  
Anna-Maria Feltner, USAG Grafenwoehr DOL, Transportation Division, Vilseck, July 14  
Johann Maier, USAG Grafenwoehr DOL, Supply & Services Division, Grafenwoehr, March 15  
Klaus Arnold, USAG Grafenwoehr DPW, Housing Division, Grafenwoehr, March 14  
Gerhard Wagner, USAG Grafenwoehr DPW, Business Ops. & Integ., Grafenwoehr, March 15  
Gerhard Doetsch, USAG Grafenwoehr DPW, Opns/Maint. Div., Grafenwoehr, April 4  
Edmund Scherm, USAG Grafenwoehr DPW, Opns/Maint. Div., Grafenwoehr, April 18  
Martin Harrer, USAG Grafenwoehr DPW, Opns/Maint. Div., Grafenwoehr, May 23  
Karima Uhri, USAG Grafenwoehr DPW, Opns/Maint. Div., Grafenwoehr, July 11  
Sigrid Kahlert, Contracting Command Regional Contracting Office, Bavaria, May 9  
Wolfgang Ringer, Contracting Command Regional Contracting Office, Bavaria, April 1  
Andreas Ruder, 39th Transportation Battalion, Grafenwoehr, July 1  
Eugen Suttner, DAPS-Europe Facility, Grafenwoehr, July 11  
Robert Kederer, Maintenance Activity, Vilseck, July 1  
Herbert Grollmisch, USATMC-Europe CPPSO, Grafenwoehr, May 4

## 25 years of service

Stephen E. Enstrom, 7th Army JMTc TSAE, Operations Branch, Grafenwoehr, April 21  
Nancy E. Graham, 7th Army JMTc CATC, Training Management Branch, Grafenwoehr, July 17  
Joel E. Blakeney, 7th Army JMTc CATC, Training Management Branch, Grafenwoehr, Feb. 28  
Peter Muse, 7th Army JMTc CATC, Training Management Branch, Grafenwoehr, July 18  
Anita Speth, 7th Army JMTc Resource Management Office, Grafenwoehr, April 1  
Karl-Heinz Boehm, 7th Army JMTc Organizational Maintenance Activity, Grafenwoehr, June 7  
Hans Schmid, 7th Army JMTc GTA Range Support Branch, Grafenwoehr, May 1

Albert Duschner, 7th Army JMTc GTA Range Support Branch, Grafenwoehr, May 1  
Werner Kroher, 7th Army JMTc GTA Range Support Branch, Grafenwoehr, June 7  
Manfred Wolf, 7th Army JMTc GTA Range Support Branch, Grafenwoehr, July 1  
Sieglinde Anderson, USAG Grafenwoehr Command Group, Grafenwoehr, May 1  
Hans-Peter Brunner, USAG Grafenwoehr Command Group, Grafenwoehr, April 1  
Michael Saalborn, USAG Grafenwoehr Safety Office, Grafenwoehr, June 7  
Reinhold Bayer, USAG Grafenwoehr Safety Office, Grafenwoehr, July 1  
Alois Friedl, USAG Grafenwoehr DES, Fire Protection Division, Grafenwoehr, May 1  
Norbert Ackermann, USAG Grafenwoehr DES, Fire Protection Division, Grafenwoehr, June 7  
Heinz Recht, USAG Grafenwoehr DES, Fire Protection Division, Grafenwoehr, July 1  
Reinhold Huettner, USAG Grafenwoehr DES, Fire Protection Division, Vilseck, April 1  
Karoline Schieder, USAG Grafenwoehr DPW, Business Ops. & Integ. Div., Grafenwoehr, April 20  
Christine Brunner, USAG Grafenwoehr MWR, NAF Support Division, Grafenwoehr, May 20  
Hubert Hoerl, USAG Grafenwoehr MWR, NAF Support Division, Grafenwoehr, July 15  
Anita Linke, USAG Grafenwoehr MWR, Tower Inn, Grafenwoehr, May 29  
Walter Grass, USAG Grafenwoehr DOL, Transportation Division, Grafenwoehr, May 11  
Helmut Guenzel, USAG Grafenwoehr DOL, Supply & Services Division, Vilseck, June 5  
Johann Lederer, USAG Grafenwoehr DOL, Supply & Services Division, Vilseck, June 16  
Helmut Bernhardt, USAG Grafenwoehr DPW, Opns/Maint. Div., Grafenwoehr, March 15  
Johann Schultes, USAG Grafenwoehr DPW, Opns/Maint. Div., Grafenwoehr, April 19  
Bernhard Neumann, USAG Grafenwoehr DPW, Opns/Maint. Div., Grafenwoehr, May 1  
Gerhardt Braun, USAG Grafenwoehr DPW, Opns/Maint. Div., Grafenwoehr, June 16  
Reinhold Meier, USAG Grafenwoehr DPW, Opns/Maint. Div., Grafenwoehr, July 1  
Edgar Goss, USAG Grafenwoehr DPW, Opns/Maint. Div., Grafenwoehr, July 1  
Manfred Lingl, USAG Grafenwoehr DPW, Opns/Maint. Div., Vilseck, May 13  
Maximilian Weichs, USAG Grafenwoehr Works Council, Grafenwoehr, June 1  
Alexander Kraus, BASOPS Maint Ctr-EUR Customer Service Office, Grafenwoehr, April 15  
Karl-Guenther Fenk, ASP #1, Vilseck, June 15  
Josef Scharl, ASP# 1, Vilseck, July 2  
Zdenek Kocourek, Maintenance Activity, Vilseck, April 1  
Ernst Preissinger, Maintenance Activity, Vilseck, June 7  
Guenther Porsch, Maintenance Activity, Vilseck, June 7  
Martin Merkl, Maintenance Activity, Vilseck, June 7  
Albrecht Kraus, Maintenance Activity, Vilseck, June 7  
Rainer Doerner, Maintenance Activity, Vilseck, June 7  
Johann Altmann, Maintenance Activity, Vilseck, June 7  
Alfons Zimmermann, USATMC-Europe CPPSO, Grafenwoehr, May 1  
Georg Trautmann, USATMC-Europe CPPSO, Grafenwoehr, July 15

## 20 years of service

William J. Coleman, HQ, USAREUR & 7th Army Staff Judge Advocate, Grafenwoehr, May 21  
Gertrud Zach, 7th Army JMTc TSAE, Regional Training Spt. Ctr - Vilseck, May 19  
Petra Maerkl, 7th Army JMTc Army Airfield, Grafenwoehr, April 13  
Phyllis K. Wiggins, USAG Grafenwoehr Plans, Analysis & Integration Office, Graf, July 19  
Hans-Dieter Boehm, USAG Grafenwoehr DES, Fire Protection Division, Vilseck, May 1  
Kathryn L. Heater, USAG Grafenwoehr MWR, Tower View Restaurant, Grafenwoehr, April 6  
Eduard Ertl, USAG Grafenwoehr DOL, Supply & Services Division, Vilseck, April 1  
Cordula Ackermann, USAG Grafenwoehr DPW, Engineering Svc. Div., Grafenwoehr, April 1  
Richard Fleischer, USAG Grafenwoehr DPW, Opns/Maint. Div., Grafenwoehr, May 20  
Georg Rupprecht, USAG Grafenwoehr DPW, Opns/Maint. Div., Grafenwoehr, June 1  
Herbert Wagner, USAG Grafenwoehr DPW, Opns/Maint. Div., Grafenwoehr, June 22  
Reinhard Leichmann, USAG Grafenwoehr DPW, Opns/Maint. Div., Grafenwoehr, June 23  
Karl Speckner, USAG Grafenwoehr DPW, Opns/Maint. Div., Grafenwoehr, July 1  
Rudolf Drechsler, USAG Grafenwoehr DPW, Opns/Maint. Div., Grafenwoehr, July 1  
Robert Schuller, USAG Grafenwoehr DPW, Opns/Maint. Div., Grafenwoehr, July 15  
Hans-Juergen Stauber, USAG Grafenwoehr DPW, Opns/Maint. Div., Vilseck, May 18  
Georg Schertl, USAG Grafenwoehr DPW, Opns/Maint. Div., Vilseck, May 18  
Gerd Ermer, USAG Grafenwoehr DPW, Opns/Maint. Div., Vilseck, June 1  
Regina Tafelmeyer, Contracting Command Regional Contracting Office, Bavaria, March 23  
Josef Heldmann, Contracting Command Regional Contracting Office, Bavaria, May 1  
Christine Wimmert, DECA Commissary Grafenwoehr, June 1  
Erika Walberer-Reis, MEDCOM Health Clinic, Grafenwoehr, June 9  
Joachim Langner, Maintenance Activity, Vilseck, April 1  
Daniela Pacino, USATMC-Europe CPPSO, Grafenwoehr, July 3  
Gabriele Brunner, CPAC Grafenwoehr, July 1

# BOSS car show offers fun, family-friendly activities

Continued From Page 1

the competitive American shows; they tend to be just for show and not give out awards or name winners.

Another highlight of the show was the car bash. An older BMW was donated for the sole purpose of letting everyone at the show try to put as much damage into it as possible.

The garrison safety office provided a simulation to let participants feel what it’s like to crash into a wall at seven miles per hour.

The simulation also taught passengers how to handle rolling their vehicle and how to get out of their seatbelts and then out of the car when it stops upside down.

USAA held a drawing at the awards ceremony for a \$100 AAFES gift card that went to Robert Sutton.

The safety office also gave away five prizes to registered participants in the car show.



Photo by Katie Cowart

**Five-year-old Emily Alton pretends to drive the 1926 Ford Model-T Roadster that was on display at the BOSS car show Aug. 18. The car, owned by Vilseck Ponds Guard Alex Schieder, was built by hand from parts from the 1920s with an engine from the 1950s. Schieder, who is friends with Emily’s family, often takes Emily for a spin in his car.**

# Last minute trip proves unique for journalist

Continued From Page 2

“I think the cultural piece there is that we’re both naval in character,” he said, “so if the (Royal Air Force) can operate on their navy ships, there’s no reason why Marines, who are naval in character, can’t jump aboard their ship and operate too.”

Walsh brought the special guests and media members to HMS Illustrious to see the joint task force’s inner-workings as it prepares for the war game. On the flight deck, we watched as Marine aviators in Harrier jets readied to blast off the “ski jump.” Cutting through the deafening engines were British and American members of the flight line, working in concert to direct the assault aircrafts and speaking in hand signals.

As Harriers whizzed by spectators, then up and off the ramp, the engines bathed us in hot combusted jet fuel, which felt like sticking your face before a scalding oven and ripping the door open. Thickly-padded headphones couldn’t damper the lion’s roar of takeoff that rocked the flight deck and jostled onlookers’ viscera.

In stoic terms, Marine aviator Maj. Stephan Bradicich, of the

Marine Attack Squadron 542 “Tigers” described the drama involved in taking off from the short runway.

“When you’re flying off a ship like this and you’re looking 300 to 400 feet in front of you and then, all of a sudden, you’re dropping off the end of the boat, there’s a little apprehension,” he said. “But the kick in the butt when you throw the power in the corner is absolutely phenomenal in the Harrier.

“Particularly with the ski jump on this ship,” he said. “When you hit the end of the boat you’re going up fast.”

With other visitors, I watched Bradicich and a team of Harrier pilots disappear over the horizon. When it dawned on me that the Marines’ English counterparts were providing key information from the flight control tower as they flew mock sorties, I realized I was seeing a historically strong coalition partnership gain another dimension.

As Royal Air Force Commodore Phil Goodman, a visitor who accompanied Walsh, told me, “We’ve worked very closely with U.S. forces for many years in the air domain, and this is another string to that bow.”



# 2SCR heads to Iraq for 15 months

Continued From Page 1

cased its colors, symbolizing the unit’s pending deployment to Iraq.

“It is our honor and privilege to carry these colors into battle,” said RisCassi, adding, “We will not let down the members of the regiment, past and present, nor our friends and Family in Vilseck.”

In preparation for the coming deployment, the unit has been trained in multiple rotations in Hohenfels and Grafenwoehr, culminating with a mission-rehearsal exercise in June.

The deployment ceremony was highlighted by “a lot of excitement but anxiousness as well,” Maj. Jon Pendell, 2SCR spokesman, explained because of the Families that the troopers have to leave behind.

“Be confident that your Families will be taken care of,” Thurman said.

A rear detachment of about a 100 people will stay in Vilseck to assist the Families, which is normal for a unit of the size of the 2SCR, Pendell said.

“We have to make sure that the Families are taken care of so we can focus on the fight in Iraq,” he said.

Some of the spouses left behind who are staying in Germany have already made plans to fill their time during the separation.

“While my husband is deployed I am planning on taking advantage of the school opportunities, take care of my babies and wait for my husband to come back,” said Paz Vianey Acevedo, a spouse of a deploying trooper and a mother of three.

“I will be busy,” Acevedo added, talking about the 15 month separation from her husband, “there are a lot of Family activities available, castles and amusement parks, also CYS always have activities, so I will keep the kids busy too.”

Another Family member, Syanika Porternalloy, who is a service member as well and works for the 7th JMTC, is also looking to travel while her husband is deployed.

“Beside school and work, I will try to travel all four day weekends and vacations,” she said, planning to hit cities such as Paris and Prague.

The 2SCR is the oldest regiment in the U.S. Army, constituted back in 1836, seeing action in the Civil War, Spanish-American War, both World Wars, Operation Dessert Storm, and Operation Iraqi Freedom.

For useful information regarding deployment needs, visit <http://www.per.hqusareur.army.mil/postreintegration/>.

From this site, click on the Vilseck/Grafenwoehr link, which will bring up a guide for who to contact depending on which need you have.



Photo by Bilyana Atova  
**Retired Master Sgt. Merrit Powell, bagpiper for 2SCR, played for the deployment ceremony Aug. 3**

# Get in shape with walking

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Sometimes interruptions may occur to your walking program. Don’t let a few days off sabotage your plan for fitness and improved health.

Keep from getting discouraged by setting realistic goals such as 15 minutes three times a week, gradually progressing to 30 minutes five days a week.

Include simple lifestyle changes that will increase your daily walking time, like taking the stairs, parking at the end of the parking lot, or walking the dog twice a day.

Even though the first steps of any new habit can be difficult, keep your goals in mind. Once you take that first step, you’re on the way to a worthwhile and beneficial journey to better health.

For more information on walking, visit these Web sites:

- <http://win.niddk.nih.gov/publications/walking.htm>
- <http://www.hooah4health.com/body/fitness/startwalkin.htm>
- <http://www.mayoclinic.com/health/walking/HQ01612>

# New commissary three times as big as old facility

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The current Grafenwoehr Commissary is a B-size on DeCA’s A to D size/service scale. The new facility is a D store, making it comparable with the largest commissaries in Europe and the U.S.

The community is invited to attend the Sept. 26 grand opening ceremony at 9 a.m. U.S. Army Garrison Grafenwoehr Commander Col. Brian Boyle, accompanied by special guests from DeCA and the local community, will laud the opening of the new shopping complex which houses both the commissary and the new PX, before the doors open to customers at 9:30 a.m.

“It’s going to be a real gala event,” said Eller, of the grand opening. He said a mini Cooper, big screen TV, and bikes are just a few of the prizes to be awarded.

Registration for these larger giveaways will begin at the grand opening and some drawings will be held later in the week. The mini Cooper winner will not be drawn until some time in December to give as many people as possible a chance to enter.

Smaller prizes will be given away in the commissary throughout the course of grand opening day. Some of these include DeCA gift certificate checks, baby product baskets, bags, towels, toy trucks, soccer balls, and plush toys.

Certain products in the commissary will also be on sale to celebrate the event.

Manufacturers and brokers who provide the commissary with their products will be on hand to promote selected products during taste testing and instructional demonstrations.

For more fun, DeCA is also providing a bouncy castle for children, a semi-professional acrobat team performance, and Tony the Tiger, Keebler Elf, Private Pickle, and Hillshire Man walk-around characters.

Free hotdogs and drinks will be available on the sidewalk out front on opening day.

Najdawi said despite the overwhelming size increase, the store hopes to maintain the small-store appeal so many customers are accustomed to at the current facility.

“We will maintain the community atmosphere by good customer service, getting involved with the customer needs, and treating them as part of the family,” Najdawi said. “This relationship is beneficial to all, and makes the store more comfortable to shop at.”

In an effort to maintain that atmosphere, Najdawi said he will depend on customer feedback.

“If there are any concerns,” he said, “with the customer service or anything else, find a manager and let us know. We’ll be more than happy to assist.”

The current Grafenwoehr Commissary—built in 1956—will close after the new store’s opening, and the Vilseck Commissary will continue to serve the Rose Barracks community.

While no tax is added to items purchased in the commissary, there is a 5 percent surcharge. This, said Eller, is used to maintain stores and build the new commissaries like this \$14.2 million project.

In the face of all of the new facility upgrades and changes, the one constant will be the savings, said Najdawi.

Because DeCA facilities sell their products at cost (there is no mark-up), it remains service members’ No. 1 benefit in the Department of Defense, said Eller.

Shoppers can expect to save an average of 30 percent on their grocery bills as compared to shopping in a civilian store in the U.S. In Europe, said Eller, those savings are significantly higher due to Euro-to-dollar exchange rate.

“Basically, our customers don’t have to wait for special sales, coupons, or promotions,” said Najdawi. “They save money every day.”

**The new commissary will have several self-checkout stations to help customers get in and out quicker.**

Photo by Adriane Foss



# Central Issue Facility recognized



Courtesy photo

The Vilseck Central Issue Facility received appreciation certificates from the 7th US Army JTMC for outstanding support, hard work and dedication which enhanced the ability for Soldiers to conduct their deployed mission with confidence. Due to their commitment to excellence, Soldiers receive continuous quality support.

Top, left to right: Maj. Craig King, Alfred Czepelak, Manfred Schecklmann, Guenter Habelitz, Martin Exner, and Franz Peter. Bottom, left to right: Wayne Smith, Uwe Klugmann, Georg Schmid, and Carsten Krause. Not shown: Helmut Guenzel, Maria Orszulak, Helmet Brock, and Klaus Lang.

# Long-awaited Grafenwoehr PX offers bigger selection of goods

Continued From Page 1

- Popeye’s Chicken and Biscuits
- Subway
- Baskin-Robins
- Concessionaires that will line the shopping center halls include:
- Bazooka, fashion forward
- Polish pottery
- Nachtmann Crystal
- Katie Wohlfahrt
- Josef Seibel Shoes
- WiFi Amusements
- Main Street Espresso, proudly serving Starbucks

The PX accounts for \$29 million of the \$38 million complex that will also house

Grafenwoehr’s new state-of-the-art commissary. The complex parking lot will provide parking for up to 1,000 vehicles.

“The customers will enjoy the latest and greatest AAFES has to offer,” said Matt Mennona, the AAFES General Manager. “This mall is state of the art. You will see a wider variety of merchandise. Customers have told us they want to see more branded merchandise and a broader selection. AAFES is positioned to provide for the needs of its customers for many years to come.”

The Vilseck PX is slated to close after the new PX opens. Renovations that will take approximately four to five months, according to Mennona, will turn the Vilseck PX into the AAFES Furniture Store.



The new Grafenwoehr PX contains a new, much bigger baby section that will also feature baby furniture. Previously, baby furniture was located at the furniture store.

Photo by Adriane Foss